

REDBOOK

A full-page photograph of Jillian Michaels. She is a woman with long, wavy brown hair, wearing a sleeveless top with a colorful abstract pattern and blue jeans with a gold belt. She is smiling and looking towards the camera, with her hands on her hips.

**50 things
that keep
a man
hooked
on you**

ANTI-AGING
MIRACLES
FOR YOUR
EXACT
SKIN TYPE

**75
best
hair
ideas
ever!**

**Jillian
Michaels**

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sacrifice
anything
to be a
mother"

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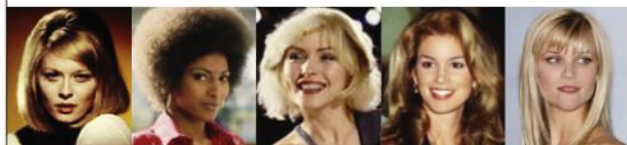
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REDBOOK beauty special: THE BEST HAIR OF ALL TIME!



Rip this baby out: We've gathered the 75 hottest hairstyles ever. They're trend-proof, perfect, and will look awesome on *you*. **p.66**

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sexy sex tonight?



Jillian Michaels photographed exclusively
for REDBOOK by Sheryl Nields. Hair:
David Cox for Redken/CelestineAgency
.com. Makeup: Joanna Schlip for Cloutier
Remixusing Physicians Formula. Manicure:
Barbara Warner for Orly Int'l/Celestine
Agency.com. Stylist: Anita Patrickson at
The Wall Group. Top: Christian Cota. Jeans:
J Brand. Belt: J.Crew. Earrings: Melinda
Maria. Necklace: Jennifer Meyer. Thin
bangles: Meus. Bangles with stones: Kara
Ackerman. Pod bangles: Melinda Maria.
Rings: Sandy Leong (left), H&M (right).
Get Jillian's cover look with Revlon Grow
Luscious Plumping Mascara in Blackened
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Peach, and Super Lustrous Lipgloss in Nude
Lustre; and Suave Professionals Volumiz-
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The big secret about my marriage

Want to know what it is? Okay, here goes: My husband and I switch sides of the bed almost every night. I never gave our habit a second thought until I mentioned it in a meeting at work. People were stunned! You'd have thought I was describing our clandestine polygamous lifestyle as I explained how I get antsy if I'm stuck on the same side for too many nights in a row. The uproar led to a feature, "Very Strange Ways Normal Couples Sleep" (page 126), in which happy pairs



reveal their bizarre sleeping arrangements (though the writer couldn't find *anyone* else who swaps sides).

There's nothing like a juicy marriage confession, and thanks to you, REDBOOK is full of them. A recent doozie came from reader Julie Smelser, 28: "We bring our vintage copper pots and pans on every trip so we can cook with them wherever we go. When we fly, we fill them with clothes and carry them on the plane. We're very attached to them!" Turns out, it's the kooky stuff that bonds us and keeps our relationships interesting. (For plenty of proof, turn to "50 Weird Things He

Loves About You," page 192.) So please keep confessing your quirks to each other and to REDBOOK. It reminds us all that there's nothing more normal than being slightly weird.

Jill

Jill Herzig, Editor-in-Chief
Redbooked@hearst.com

SECRETS OF THIS ISSUE: #1

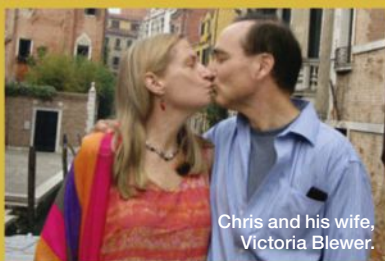


IT'S OKAY TO EAT CANDY (HUNGRY GIRL DOES)

Why does REDBOOK columnist Lisa Lillien (a.k.a. Hungry Girl) have more than 86,000 followers on Twitter? Because she's figured out how to stay slim without stressing. "I live by the 80/20 rule: 80 percent of the time I make sensible choices, so 20 percent of the time I have lots of fun eating things I probably shouldn't. It all balances out!" Her Halloween pick: "Pumpkin and ghost marshmallow Peeps—they're a total calorie bargain."



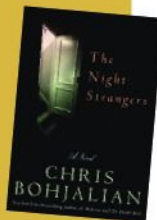
SECRET #2



Chris and his wife, Victoria Blewer.

Men can emote—really!

Best-selling author Chris Bohjalian, who gets all mushy about his wife on page 194, says, "It's a myth that men don't like to spill our guts. We just prefer to do it while throwing a baseball or playing golf so we don't have to make eye contact. Golf was invented so men could verbalize their feelings." Read his latest novel, *The Night Strangers*, out this month.

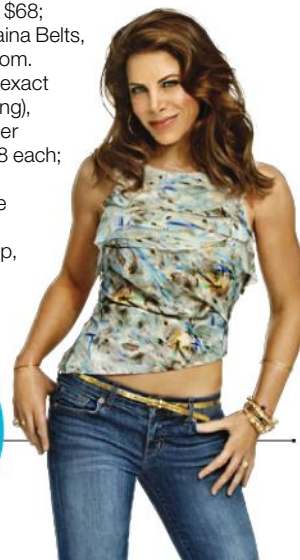


SECRET #3



Get this look—for less!

- 1 Jeans, Levi's, \$68; levi.com. Belt, Raina Belts, \$45; rainabelts.com.
- 2 Bangles (the exact ones she's wearing), REDBOOK reader special price: \$98 each; karaackermann.com (enter code REDBOOK98 at checkout).
- 3 Top, Gap, \$49.95; gap.com.



Jillian is the new cohort of the talk show *The Doctors* this season! Check local listings to tune in.

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Andie MacDowell

Andie is wearing Visible Lift Smooth Absolute in Sand Beige (172).

*Based on objective measures. lorealparis.com ©2011 L'Oréal USA, Inc.

SECRET #4



First dredge in flour, then brown, then deglaze the pan for a delish sauce.

We're all cooking chicken wrong

The top two search terms at redbookmag.com are *chicken breasts* and *sex*. It seems we're all desperate for ways to make both of those things new and exciting, which is why I asked our food editor, Barbara Chernetz, to do an extreme chicken makeover in this issue. The first thing I learned is that I've been cooking it all wrong! Most women are, Babs comforted me. Learn her much yummier method on page 211.

SECRET #5

I'm a hair addict

I promise I will get back to work just as soon as I've examined all 75 styles in "The Best Hair of All Time" (page 66).

Wait. I need extra time, because there are 25 more classic looks online. Go to redbookmag.com/iconichair to get inspired!



Mia Farrow, circa 1967



Jane Birkin, circa 1970



Nicole Richie, circa 2006

SECRET #6

WHO'S HALLOWEEN-OBSESSED? MOMS.

We asked our Facebook fans to show off their kids' costumes, and the cuties just kept pouring in. Submit your photos for an upcoming story—go to redbookmag.com/halloweenpics.



Your trick-or-treaters are adorable. Congrats, moms!



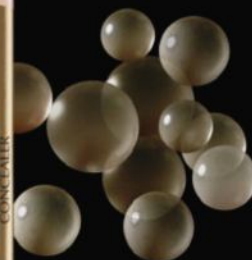
Our executive editor won best costume with this. Whoops, we mean her son Walton won.

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OCTOBER'S CLICK LIST

Can you make missionary hot again?
Yes, yes, yes!

redbookmag.com/sexytricks

Kick your ol' bedroom standby up a few notches with sexy, supereasy tweaks that make a major difference. Seriously: Your guy won't know what hit him.



tweet!
tweet!



It's breast cancer awareness month, time for all of us to raise funds and increase our knowledge about the disease. Share what you're doing to help the fight with @redbookmag using #redbookmagcares.



No-guilt Halloween candy

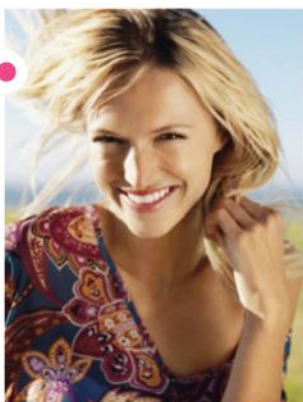
redbookmag.com/candyguide

Okay, so we're not saying Tootsie Rolls are the new tofu—but since you're gonna be unwrapping at least a few treats this month, let us guide you to the ones that won't have you doing overtime at the gym. Yum!

Get your most gorgeous in just a few minutes

redbookmag.com/quickmakeover

Fast hair fixes, speedy ways to a flatter tummy (sans Spanx), quick little steps to younger skin—we're all about instant gratification this month. So you can spend time on the important stuff. Like napping.



A BLOG JUST FOR YOU

Ah, the joys of motherhood: the messes, the stresses, and, of course, the sweetnesses.

We're ranting/cheering about it every day on **The Motherboard**, REDBOOK's blog for moms. Log on, laugh, relate, and weigh in on juicy parenting debates at redbookmag.com/motherboard.

REDBOOK'S HOT HUSBAND OF THE MONTH

Name: Ricardo Pena, 34, West Orange, NJ

Job: Nursing home director

Family: Married 11 years; father to Samantha, 17, Xavier, 10, Isaiah, 5, and Jayden, 10 months



Lisha Lopez wasn't looking for a boyfriend—much less a husband—when her parents played matchmaker by introducing her to Ricardo. “I was coming out of an abusive relationship that had left me feeling damaged,” she explains. But Ricardo changed that: Three years after their meeting, they got married (nice job, Lisha's mom!). Ricardo easily stepped into his new role as a dad to Samantha, Lisha's daughter from a previous relationship, and their bond has gotten closer through the years. “He takes her on movie nights, and even though she's 17, she still loves it,” says Lisha. Despite Ricardo's long days helping others at the nursing home where he works, he volunteers at church and has energy for special time with their family. He even surprises Lisha with secret getaways, where she doesn't know the destination until it's time to pack (nice job, Ricardo!) “I'm so blessed to have him,” she says. “He makes me feel beautiful and loved every day.”



PICK OUR 2012 WINNER!

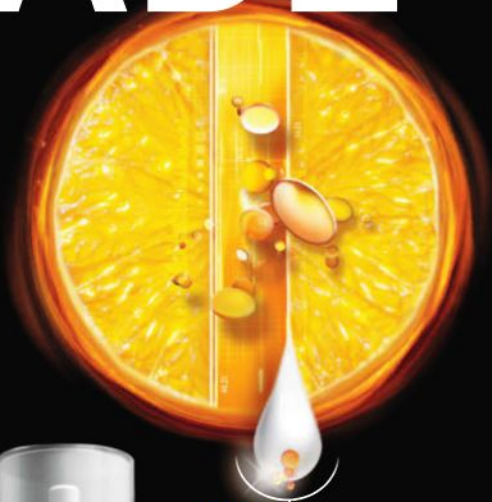
We teamed up with CBS's *The Talk* to find the sweetest and sexiest husbands in America. Check them out—and vote for your fave—starting October 3 at redbookmag.com/hothusbands2012.



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This month's **STAFF CHALLENGE:**
Try one fall beauty trend that's way outside
our comfort zone. How'd we look?

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"This lipstick was darker and more intense than I'm used to. At first it made me feel like I was announcing, *Hey, look at my mouth!* But it was so pretty—and I got a ton of compliments."

—MEREDITH

YVES SAINT
LAURENT ROUGE
VOLUPTE PERLE
LIPSTICK IN NO. 111

"I'm a nude-lip kind of girl, so this bright fuchsia was a big change. A few coworkers looked at me funny during the day, but I'd try it again with some liquid eyeliner for nighttime."

—MARISSA

NARS LARGER THAN
LIFE LIP GLOSS IN
PLACE VENDÔME



"Butter makes the most gorgeous nail polish, and I love them for my toes. I never wear color on my nails, but I was tempted by this rich mauve, so I tried it. It looked really hot, but I felt like someone else's hands were on my body! I love the color, but I'll use it on my toes."

—AUDREY

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CHALLENGE WHAT'S POSSIBLE.™



This month's **STAFF CHALLENGE:**
Try one of the daring fall beauty looks our office is
buzzing over! We loved them; you will too.

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"I loved the unexpected pop of color around my very dark brown eyes. It added just enough drama, glam, and rock-star attitude to my look."

—SARAH

MAKE UP FOR
EVER KOHL
PENCIL IN
4K INTENSE
PEARLY GREEN



"It was fun to trade in my neutral lip gloss for a bold lip color, and I was pleasantly surprised by how fresh and fun it looked. Perfect for a crisp fall day!"

—AMY

AVON
EXTRALASTING
LIPSTICK IN
FOREVER
BURGUNDY

"I loved this smooth mauve color on my nails. I wouldn't have picked it out for myself, but the second I put it on, I immediately fell in love—and got tons of compliments!"

—CANDIE

ESSIE NAIL POLISH
IN LADY LIKE



PHOTOGRAPHED BY JEFFREY WESTBROOK/STUDIO D. LIPSTICK: JESUS AYALA/STUDIO D.

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OLAY. CHALLENGE WHAT'S POSSIBLE.™





ROCK ON, JADA

I was delighted to see Jada on the August issue! I've always been a big fan of hers—she's such an inspirational example of an intelligent, ethical woman who knows the pain of sacrifice for her family without losing her own sense of self. She is what so many young mothers in this country are looking for in celebrity idols but are rarely able to find: a real woman.

—SHAE ROGGE, *Ogallala, NE*

I applaud Jada Pinkett Smith on every level. She's a mom, wife, career girl, and just the kind of woman you want in your corner. Every mom questions whether or not the choices she's making are the right ones for herself and her family, but we should all be strong enough to make the ones we feel are right without worrying about what anyone else has to say. —FAITH ORLANDO, *Elgin, IL*

MATERNAL BLISS

I just finished reading "The Amazing Upside of Being a Mom" [August], and while I read it I was G-chatting with my 23-year-old daughter. I usually text her goodnight, but that night I fell asleep sooner than I expected, so I didn't. The next day she reminded me, "Don't forget to text me goodnight!" I never realized the little text was as important to her as it is to me! —MARCELLA PARADA, *San Francisco*

"Jada Pinkett Smith is just what mothers want in a celebrity idol: a real woman."

FUN ON A BUN!

I just wanted to thank you for the great veggie recipes in the August issue ["The Best Burgers on the Block"]. As a fairly recent vegetarian, I often miss perusing recipes, but I'm always up for trying new things. And the portabella burger was awesome! —URSULA COWAN, *Florida*

IN THE FAST LANE

I feel that Caitlin Moscatello completely missed the mark in her article "The Real Lives of NASCAR Wives" [August]. As a female fan, I can tell you that her comment about WAGs [wives and girlfriends] being the next best thing to having female drivers in the Cup series is not only ridiculous, it also feeds the sexist stereotype that female fans are not into the actual sport, but rather the beauty and glamour that women bring to it. I'm interested in NASCAR—the intensity, the calculations... and yes, the crashes. Although I would like to see women drivers in NASCAR, I can assure you

that I don't care what the wives look like and I don't watch the races for them, nor do I consider them representative of the 40 percent of the NASCAR fan base that is female. —LAYLA EARLS, *Atlanta*

MOMENTS THAT MAKE A MARRIAGE

I loved "Awkward Marriage Moments" [August]. My husband had a "love dance" similar to what Liz described in the story: I hated it when he did it, but now that he's passed away, I think back and laugh. I would give anything to be annoyed by him again! —MARY STINNETT, *via redbookmag.com*

THANKS FOR THE POOCHI

I was thrilled to see a model looking normal in "15 Health and Beauty Perks of Summer" [August]. Not only is she beautiful, she looks real with her tiny tummy in her swimsuit. I wish all magazines would display photos the way you have—in my eyes, this woman looks perfect. —JAIME FLETCHER, *Clermont, FL*

WHAT DID YOU GIVE UP FOR YOUR KIDS?

We got an amazing response to Jada Pinkett Smith's admission that she gave up her rock band for her family. So we took to Facebook to ask what dream or passion you gave up—or put on hold—when you had kids.

■ **"I had to temporarily give up completing college.** As a 29-year-old mom of six, it's hard to find the money for day care, but I love being home and watching my kids grow, so it's worth it." —FELICITA MURRAY

■ **"My dream to be a fitness entrepreneur.** But I'm working on that now!" —JENNIFER BATTLE

■ **"Humanitarian work in Africa."** —VALERIE EVERHART SCHULER

■ **"I've always had a passion for dance** and wanted to be known for it. I'm young and definitely not ready to abandon my dream! Having a family doesn't mean giving up on who I am—it's just on a different time line now." —MANDY FLEMISTER

Write to us! At redbook@hearth.com, or Redbook Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.

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Man-gagement rings are a new trend for men who want the world to know they're taken before their actual wedding. Good idea or bad?

Good! 66% **Bad!** 34%

IT'S HAIR-RAISING!

Gwen Stefani's and Gavin Rossdale's son, Kingston, recently debuted a bleached mohawk. He's 5.

AT WHAT AGE WOULD YOU LET YOUR KIDS DYE THEIR HAIR?

AS SOON AS THEY'RE OLD ENOUGH TO ASK FOR IT

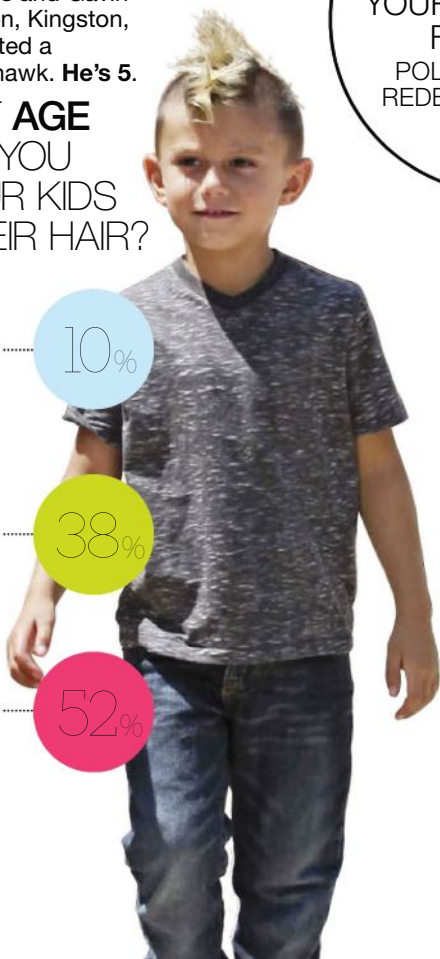
10%

NOT UNTIL THEY'RE AT LEAST 13

38%

18 AND UP: HAIR DYE ISN'T FOR KIDS!

52%



SPILL VENT GOSSIP GO!

EVERYTHING
YOU CAN'T STOP
TALKING ABOUT
RIGHT NOW

HAVE YOU
EVER HAD A
CRUSH ON ONE OF
YOUR HUSBAND'S
FRIENDS?

POLLING NOW ON
REDBOOKMAG.COM!

HE'S LIKE THE WIND

They're **remaking** the '80s classic *Dirty Dancing*. Which star should they cast to fill Patrick Swayze's very, very tight pants?



USHER
13%

JUSTIN
TIMBERLAKE
38%

MATTHEW
MORRISON
17%

CHANNING
TATUM
32%

MOMMY BLOGGER SOUND-OFF

9 THINGS NEVER TO SAY TO A WOMAN... ON HER BIRTHDAY

1. Wow. You don't look that old.
2. You're depressed now? Just wait until *next* year.
3. I hope to be as active as you are when I'm your age!
4. Is this the year you get to join AARP?
5. So it's time for the old Botox, eh?
6. Sorry, babe, but I figured you were too old for a birthday party.
7. I brought you this great cream so you won't feel so bad about your neck.
8. You look more and more like your mother every year.
9. Look on the bright side: Soon you won't need birth control!

—BY JENNIFER DOYLE, PLAYGROUPS
ARENOPLACEFORCHILDREN.COM



TELL US: WHAT'S **YOUR** NAKED TRUTH?

**COVER UP, MAMA!
ARE YOU OKAY
WITH YOUR
KIDS SEEING
YOU NAKED?**

YES

26%

**SURE, IF
THEY'RE
UNDER 6**

28%

NO WAY!

46%



**ARE YOU
OKAY WITH
YOUR KIDS
BEING
NUDE?**

Nope; put those bits away!

65%

Sure, as long as it's just family at home

35%



**BEHIND CLOSED DOORS
HOW OFTEN DOES
YOUR **HUBBY** SEE
YOU IN THE BUFF?**

52%
of you said...

ALL THE TIME

As for the rest of you...

**When we're in bed,
and when I'm
getting dressed in
the morning. 23%**

Only when we're
having sex. 11%

Hardly ever.
I keep **the lights off**
and my robe on. **14%**



WE ASKED OUR FACEBOOK FRIENDS:

**WHAT'S THE SILLY NAME
YOUR FAMILY USES FOR
PRIVATE PARTS?**

◆ "My sons call theirs **chicken**. And yes, the 'boys' are **chicken nuggets**." —NICHOLE ANNE

◆ "For a girl it's **pooter** and for a boy it's **binker**. As teenagers, my kids know the correct terms but still prefer the nicknames!" —BRENDA OLLERMAN

◆ "Mine was—and still is—a **Tutti Fruitti**, and I must say, it's stuck with my girls!" —KIM COPELAND VANN

◆ "My son calls his **Peter Parker**, because I called it his peter and he got confused and asked, 'Like Peter Parker?'" —CRYSTAL LEE PATRIARCHE

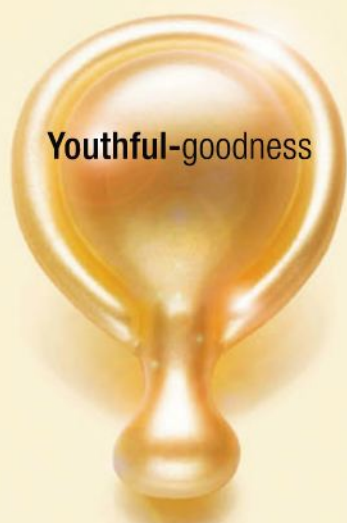
◆ "My grandmother used to tell me, 'Time to take a bath and make sure to wash your **pocketbook!**'" —ELLENA NAVARRO

**DO YOU LEAVE THE
BATHROOM DOOR
OPEN IN YOUR HOME?**

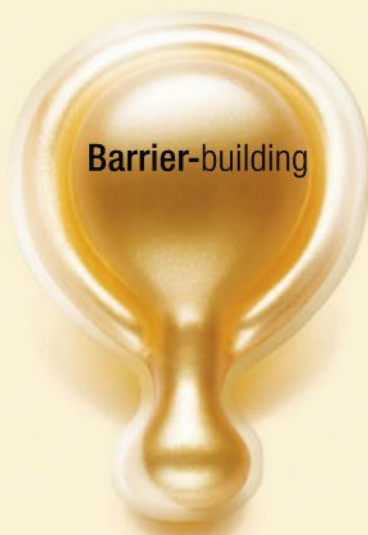
YES 63% NO 37%

"With a 1-year-old and a 3-year-old, we may as well—they'll fight their way in anyway. And my husband and I have seen it all!" —EMILY ROTHGEB, VIA FACEBOOK

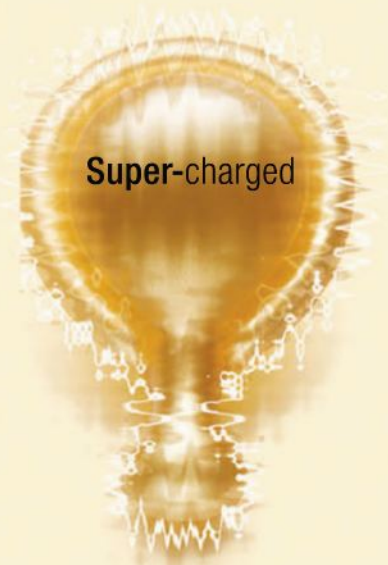




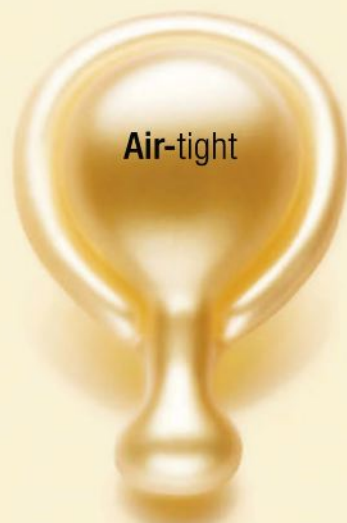
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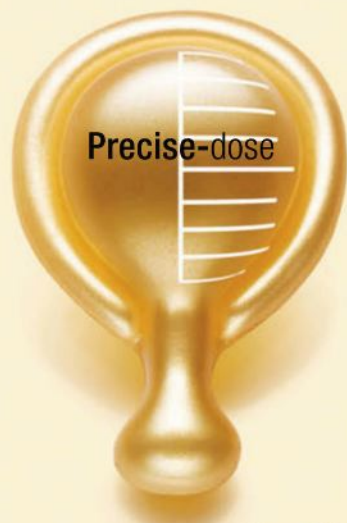
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Researchers at the University of Washington are developing a **male** birth control pill. Would you want your guy to take it?

56%

Yes, but he would never agree to it.

31%

No. Honestly, I don't trust him to remember to take it.

13%

No, contraception is my responsibility, not his.



Jenny McCarthy

WHEN READERS DRESS UP FOR HALLOWEEN, **39% OF YOU GO FOR FUNNY COSTUMES, BUT 61% GO FOR**

SEXY!

"It's the one night of the year you can dress as slutty as you want and not be judged!"

—MARISOL MARTI, VIA FACEBOOK



Alyson Hannigan

ROYAL BARBIE LEGS
KATE AND PIPPA ARE BOTH FANS OF NUDE PANTY HOSE. ARE YOU?

YES, THEY'RE AWESOME!

66%

NO, THEY'RE SO OUTDATED!

34%



Pippa (left) and the Duchess keep those stems under wraps.

WOW, THAT WAS **EMBARRASSING!**

SNEAK PEEK

"My husband, our 4-month-old baby, and I were on the street talking to a guy friend whose wife was enormously pregnant. We were gushing about how great parenting is when I smelled something foul. I tried to do a discreet diaper check, but I managed to stick three fingers straight into his poo. I was mortified when I pulled my hand out and saw our friend's face. At least he knew what he was in for..." —R.C., NEW YORK CITY



SLIPPERY WHEN WET

"While on vacation with my family, we took a boat to a nearby hotel for a fancy dinner. We were late for the reservation, so I ran ahead to ask for directions. The closest hotel employee I could find was the lifeguard standing beside the pool. In my hurry to get to her, I slipped straight off the edge and into the deep end, right on top of some



kids. As if that wasn't mortifying enough, I then had to sit through dinner sopping wet!"

—A.W., BOSTON

TOO HOT TO HANDLE

"I was getting clothes tailored and had brought various shoes and underwear to put on with different outfits. On my way home, I stopped by one of my favorite restaurants, which has an extremely strict dress code for religious reasons. I reached into my purse and pulled out my wallet, not realizing that a lacy thong was wrapped around it. The host at the restaurant asked me to leave—without my food!" —A.B., WEST HARTFORD, CT



BIRTH CONTROL: TOM SCHIERLITZ/GETTY IMAGES. MCCARTHY: FILMMAGIC/GETTY IMAGES. HANNIGAN: LJP/FLYNET. MIDDLETONS: GETTY IMAGES. BABY: ERIC BEAN/GETTY IMAGES. POOL: DONNA DAY/GETTY IMAGES. THONG: ISTOCKPHOTO.COM.

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PLEASE DON'T CALL THIS A “REVENGE BODY” ↗

Writer Stephanie Dolgoff sounds off about losing her marriage—but apparently looking hot while doing it.

I can see the tabloid magazine story now: Jennifer Lopez or some other recently divorced celeb is pictured going to work or herding her kids into the car. The headline reads, “Looking good is the best revenge!” and a “source close to the star” is quoted as saying that the ex is eating his heart out with chopsticks over her new, slimmer-than-ever body but that she’s too busy shopping for expensive clothes in absurdly tiny sizes to notice.

Yes, well. I’m here to tell you that that’s not how it is. Like me, these women are on the divorce diet, and I do not recommend it.

I lost 10 pounds over the course of two months

Headlines hailed Jennifer Lopez’s bikini body just after her split from Marc Anthony.

ATTENTION TABLOIDS!

**HAPPINESS (NOT HOTNESS) IS
THE ULTIMATE GOAL**



after my marriage collapsed into a heap of steaming rubble. The weight melted away not because I was taking great physical care of myself—quite the opposite. It wasn’t willpower; grief and panic filled my stomach, leaving no room for cupcakes. I did the best I could to keep up my strength for myself and my daughters. I exercised to blow off anxiety and keep my mood stable, and I tried to eat. Crying yourself to sleep in lieu of dinner is hardly what a nutritionist would prescribe. But here’s the thing: People could *not stop* telling me how great I looked.

I found the thrilled, sometimes shrill chorus of body compliments and congratulations more than a little discomfiting. I was not overweight to begin with. I basically lost those tenacious 10 pounds that make the difference between “those jeans make your butt look good” and “your butt always looks good in jeans.” Yet from the way people, mostly women, lauded my achievement, you would have thought I’d won the Pulitzer or the Powerball. Many of them had bald envy in their eyes, even as they smiled.

Acquaintances unaware of my personal turmoil

TOP: PHOTOGRAPHED BY DORI KLOTZMAN. BOTTOM: INFOTOCOM (4).

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want
truly
better
color?

new

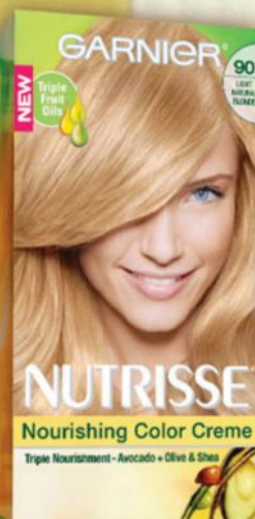
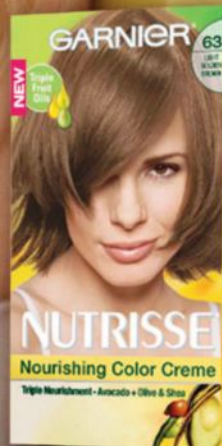


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wanted to know my secret. Was I training for a marathon? Did I do one of those insane cleanses involving a puke-worthy mix of cayenne pepper and lemonade? Was I eating 15 tiny meals a day scientifically calibrated for my blood type? Did I give up sweets? Wheat? Meat?

No, I'd reply—I'm going through a divorce. Then I'd wait for the commenter to shift gears, offer something like, *Oh, that's horrible—I'm sorry*. But shockingly often, the focus remained on my body. "Omigosh," said one woman. "You've lost, like, a ton! You're looking hot, anyway." Chatting about someone's body weight is much less awkward, apparently, than addressing the messy, painful parts of real life.

I get particularly peeved when someone already knows the real reason for my skinniness, yet weight is still the focus. If a person died, it would be considered in poor taste to say, *Oh, you must be stoked that you got the beach house and the gold signet ring—that's something, right?* Divorce is like a death: the end of both the life you were living and the hopes you'd had for the future.

I know people didn't mean any harm, and when I was in the right mood, I could laugh at the absurdity of it. One colleague, when I told her why I'm thin, made a joke about how, hell, she'd divorce her husband if it meant she could lose 10 pounds—and I rolled with it. ("Ha ha! Yeah, beats counting points, but it's way more expensive than Weight Watchers.")

What I take issue with is the assumption that losing weight is a universal positive, a sign that all is right with a person's world. Slimming down isn't necessarily an achievement worthy of congratulations, or even a good thing. It most certainly is not always the outward manifestation of a fantastic, shiny new life, as ads for weight-loss products imply when the bikini-clad mom talks about how she can now keep up with her kids and she and her husband are going at it like horny teenagers again.



The author with her twins, Vivian (left) and Sasha.

Slimming down isn't **necessarily** an achievement worthy of congratulations, or even a **good** thing.

This weight obsession seems to have knocked loose a sensitivity chip in our brains. If it were up to me, I'd launch a campaign discouraging people from commenting upon one another's bodies, no matter the reason. If people stopped making a fuss when we're 10 pounds down, maybe it wouldn't feel so bad when we're 10 pounds up. And we'd all have an easier time keeping the conversation away from what matters least (how our butts look in jeans) and focusing on what matters most: offering true comfort and empathy when a person needs it. ®

SOUND OFF!

Do you think women **focus** too much on one another's **weight**?

Share your thoughts at redbookmag.com/divorcediet.

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A large, three-dimensional number '1' is constructed from a dense mass of white and light-colored shredded paper. The shreds are of various lengths and some have small, colorful flecks (blue, yellow, green) interspersed. The number is positioned on a background of large, alternating red and orange squares, creating a checkerboard effect. The lighting is even, highlighting the texture of the shredded paper.

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7 The official jacket of international superspies and chic supermoms—at a thrilling price. Jacket, \$35; makemechic.com. 8 Mirrors, mirrors on the wall, you're so pretty, we'll hang you all. Diva Mirror Collection by Paige Hemmis for Burnes Interiors, \$29.99 for set of 3; sendaframe.com. 9 Smooth frizz and protect highlights from fading all at once? Yes, please. Salon Technician Highlight Care Illuminating Cream, \$25, fekkai.com. 10 A little unpretentious fanciness for your next dinner party. Astoria medium candleholder, \$19.95; crateandbarrel.com. 11 'Cause tough girls can still have a soft spot for big sparklers. Bracelet, \$48; marlynschiff.com. 12 Even if we had 500 bucks to spend on a schmancy purse, we'd pick this beauty (and have \$477.10 left over!). Clutch, \$22.90; windsorstore.com.

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bamboo extract

EXTREME HOLD
EVEN IN 90% HUMIDITY



Take care.
GARNIER
garnierUSA.com

50
UNDER \$50



A pretty
spot to
stash
anything



13 A bag that looks like an investment (seriously, you'll carry this *forever*) for a penny-pincher's sum. Tote, \$42; meetmark.com. 14 Hey, fancypants, can we borrow a pen? Bamboo Goody Pack (set of 14 pens), \$25; iomoi.com. 15 Charmingly classic links in a very modern XXL size. Bracelet, \$34.50; loft.com. 16 It's as if Beyoncé had a clothing swap and you got the best thing there. Score! Dress, \$39.99; dress barn.com. 17 Like fairy dust for your deserving feet. Flats, \$49.99; wantedshoes.com. 18 This holder-of-tiny-things-you-trip-over is machine-washable, made of recycled canvas, and way less expensive than an ankle cast and crutches. 9-inch storage/gift bucket, \$21; chewingthecud.com. 19 Hitting the snooze button has never looked so good. Bright Side alarm clock in Pool, \$25; pbteen.com.

Most anti-wrinkle
creams disappear
long before the wrinkles.

Until now.



Introducing Neutrogena Rapid Wrinkle Repair.

It has Accelerated Retinol SA, which is the fastest retinol formula available.
In fact, it's clinically proven to smooth wrinkles *in just one week*.

Neutrogena®

#1 DERMATOLOGIST RECOMMENDED

20
UNDER \$20



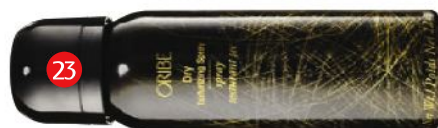
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YOU MIGHT WANT TO LOWER THE THERMOSTAT—THESE

20 We lost our marbles (heh) over this marbled dazzler. Ring, \$5.95; hm.com for store locations. 21 Packed with oils that moisturize while you cleanse. Rave in Beauty body wash, \$13; dixiebits.com. 22 The slip-proof band keeps this bowl in your hands even when you've got olive-oil fingers. Pavina bowl, \$19.95; bodum.com. 23 The secret weapon for supermodel waves. Purse-size Dry Texturizing Spray, \$19.50; oribe.com. 24 R.I.P. buyer's remorse: This entire palette is less than you'd expect to pay for one regular shadow. E.L.F. 32-piece eyeshadow collection, \$5; target.com. 25 Atten-*hut*! These snappy cargos will have your whole crew snapping to you. Susie Rose cargos, \$18; walmart.com. 26 Such a pretty, pretty reason to ditch that ratty old blanket. Twin Floral quilt, \$19.99; homegoods.com for locations. 27 Truly nude nail polish for every skin tone. HIPP x RGB nail polish, \$16 each; rgbcosmetics.com. 28 A cute crayon-covered notebook to remind you to write stuff down. Eames House of Cards notebook, \$15; w2products.com. 29 A happy pop of color for your black pants. American Eagle Outfitters belt, \$19.50; ae.com.



UNDER-\$20 FINDS ARE GONNA MAKE YOU **VERY HOT.**

30 Trick: Leave these pumpkin coasters on the coffee table. Treat: No ugly white rings! Set of 4 Halloween Coastables coasters, \$16; corkpops.com. **31** What's knot to love about this? Necklace, \$10.90; windsorstore.com. **32** A perfectly polished, superchic way to go nautical at work. Heritage 1981 jacket, \$19.90; forever21.com. **33** Shades that will brilliantly top off your J. Lo Halloween costume. Fantas-Eyes sunglasses, \$9.99; Payless. **34** Just a little drizzle and anything you make will taste fantastically French. *Bon appetit!* A l'Olivier lavender-infused olive oil, \$8.95; surlatable.com. **35** This stuff is like superglue for split ends. Pro-V Split End Repair Crème, \$3.99, pantene.com. **36** Slip on this cuff and tell the world, "My other home is in Marrakech." Cuff, \$11.89; overstock.com. **37** A timer that's as sweet as, well, pie. Pink pie timer, \$14; josephjoseph.com. **38** Such a rich, sigh-inducing antidote to dry skin. Perlier Shea Butter 50% Ultra-Rejuvenating Body Butter, \$15, hsn.com. **39** The cult-favorite mascara, all dressed up in a BCBG Max Azria-print tube. Maybelline New York Great Lash Limited Edition, \$6.99; Target.

50
UNDER \$50



DO GOOD WHILE YOU SHOP: PROCEEDS FROM EACH OF THESE ITEMS GO TO BREAST CANCER RESEARCH!

40 Necklace, \$35; elvafields.com. \$10 of purchase goes to the Breast Cancer Research Foundation (BCRF). 41 Sunglasses, \$12; uniquevintage.com. 20% of profits goes to the National Breast Cancer Foundation. 42 Ford Warriors in Pink scarf, \$34; fordcares.com. 100% of net proceeds goes to Susan G. Komen for the Cure. 43 It's a 10 Miracle Leave-In Product hot pink limited-edition bottle, \$17.96; itsa10haircare.com for salons. A \$100,000 donation will go to Christina Applegate's Right Action for Women. 44 Pet collar, \$30; jovanjane.com. 50% of proceeds goes to the American Cancer Society. 45 Estée Lauder Evelyn Lauder Pink Ribbon Collection, \$24; esteelauder.com. 20% of purchase goes to BCRF. 46 Avon Nailwear Pro Nail Enamel in Pink Power, \$3; avonfoundation.org. 100% of profits goes to Avon Breast Cancer Crusade. 47 Sephora Collection Color Flip Palette, \$15; sephora.com. \$1 of purchase goes to BCRF. 48 Nine West flats, \$39.50; qvc.com. 100% of profits goes to various cancer research institutions. 49 Dopp kit, \$49.50; hammocksandhightea.com. 25% of purchase goes to Komen. 50 T-shirt, \$24.94; oldnavy.com. 5% of purchase goes to Komen.

Now, define, color
and highlight in just
one sweep.

NEW

THE ONE SWEEP™ EYE SHADOW

Achieve a beautiful, professional look
from our one-of-a-kind applicator.

In Natural, Playful, and now Smoky,
12 expertly coordinated palettes enhance
eye color like no other shadows can.



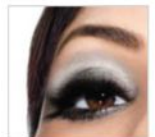
Mistake-proof results have never been easier.



SWEEP DOWN



SWEEP ACROSS



FINISHED LOOK

Because you're worth it.™

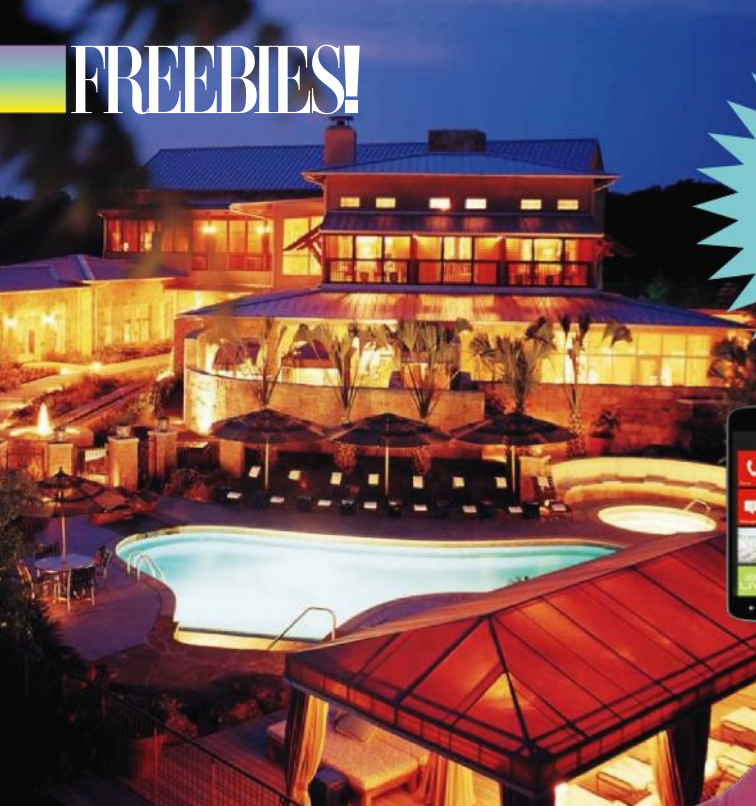
L'ORÉAL® PARIS



Discover backstage beauty secrets made easy at
lorealparis.com/studiosecrets

Freida is wearing The One Sweep Eye Shadow in Smoky for All Eyes (908).
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FREEBIES!



Free Stuff!
Plus the chance to win \$250,000
(SEE DETAILS BELOW)



A LUXURIOUS LAKESIDE GETAWAY

1 reader will win a 2-night stay at Lake Austin Spa Resort in Texas, including spa treatments for 2. Plus! A Samsung Focus Windows phone loaded with cool travel apps, and airfare for 2, courtesy of Windows Phone. Total value, \$4,420.



A LANDS' END SPREE

8 readers will each win \$250 to spend on any of the smart, stylish clothes at Lands' End—like this extra-cute coat. Value of each, \$250.



TURN UP THE TUNES!

2 readers will each win this very slick, iPod-compatible CD player and radio from Tivoli Audio, complete with stereo sound and two alarm clocks. Value of each, \$1,200.

A GORGEOUS WRAP SWEATER

8 readers will each win this cozy-chic, perfect-for-fall knit from Left on Houston. Value of each, \$207.



AGE-DEFYING PRODUCTS

20 readers will each win a Lumafirm skin brightener and repair cream set from Pevonia Botanica Skincare. Value of set, \$98.



SCORE FREE SHOES!

6 readers will each win \$250 to spend on the great shoes—tough leather boots, sexy heels—at shopmodernvintage.com. Value of each, \$250.

WHAT A COOL STROLLER...

5 readers will each win a Wave Stroller, which folds up and has a brilliant carry handle, from thefirstyears.com. Value of each, \$350.



YOUR VERY OWN IPAD

3 readers will win a 16GB iPad2, plus a \$50 gift card from Zynga to spend on games like FarmVille, CityVille, and more. Value of set, \$549.



TREAT YOUR SKIN

60 readers will each win a 3 Tea Cleansers Duo from Yves Rocher, including a set of soothing aloe facial wipes and a lotion infused with organic peppermint water. Value of set, \$27.

Even better: You could win \$250,000 in cold, hard cash! For your chance, enter at win250k.redbookmag.com. See page 238 for details.

Discover a revolutionary anti-aging makeup that thinks like an anti-aging moisturizer.

NEW REVLON AGE DEFYING

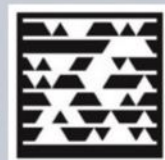
with **DNA ADVANTAGE™** is a full coverage makeup that does more than simply cover up the signs of aging. Its powerful skincare ingredients and SPF 20 help protect your skin's DNA, your most important defense against the signs of aging. Lines and wrinkles visibly diminish for a look that's practically flawless.



96% of women
saw younger-looking
skin in 2 weeks.

REVLON®

Scan with your smartphone to learn more about REVLON Age Defying with DNA Advantage.™
Get the free mobile app: <http://gettag.mobi>



fall in love with your skin



Just as your clothes change with the weather, so should your skin care! Walgreens has the solutions to keep your skin hydrated and smelling great into the autumn months. Like Suave® Naturals Body Lotion. Their unique formula absorbs quickly to keep skin feeling silky-smooth. Plus, with luxurious scents like Sweet Pea & Violet, your skin will smell amazing all day. Get help from our Beauty Advisors in store or head online to Walgreens.com/beautywithin for more information and tips.

Discover **BeautyWithin.** *Walgreens*

WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

Let us count the ways you'll love these **fiercely chic pieces**:

- 1** In new ladylike shapes, they feel modern and refined—nowhere near *Jersey Shore*-ish.
- 2** You don't have to go whole hog, or, in this case, leopard. Adding a single piece to a neutral outfit is like adding bacon to a boring dish: Suddenly, the whole shebang sizzles.
- 3** Men have a Pavlovian response to animal print. Wrap yourself in one of these exotic items and, guaranteed, he will be drooling.

Dress, Talbots, \$229; talbots.com. Necklace, Guy and Eva, \$47; guyandeva.com. Top bracelet, Suzanna Dai, \$95; suzannadai.com. Bottom bracelet, Rosena Sammi, \$85 for 5; rosenasammi.com. Flats, Repetto, \$313; net-a-porter.com.

TREND WITH BENEFITS

Animal print everything

TREND WITH BENEFITS

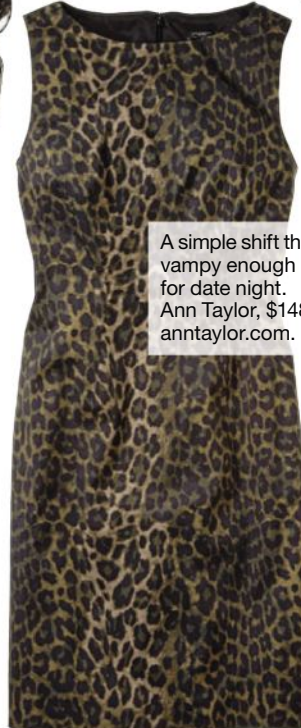


Under a jacket for 9-to-5, over a black cami for drinks. Nieves Lavi, \$174; shopemilygrace.com.



The perfect way to nip in a basic card. Coldwater Creek, \$39.95; coldwatercreek.com.

Just truly, truly, truly elegant. Chico's, \$159; chicos.com.



A simple shift that's vampy enough for date night. Ann Taylor, \$148; anntaylor.com.



The snazziest fedora ever. August Accessories, \$32; Nordstrom.



A cute scarf that winks at the trend. Fred Flare, \$24; fredflare.com.



Big-game style in a little package. Kenneth Jay Lane, \$75 each; 877-953-5264.



Proof that you don't need stiletto heels to look hot. Me Too flats, \$89; Lord & Taylor.



Feminine with a side of sass. Tommy Hilfiger, \$108; amazon.com.



The ideal mate for jeans or a fancy dress. Old Navy, \$26.94; oldnavy.com.



Major fun in a loafer. Enzo Angiolini, \$120; select Bloomingdale's.



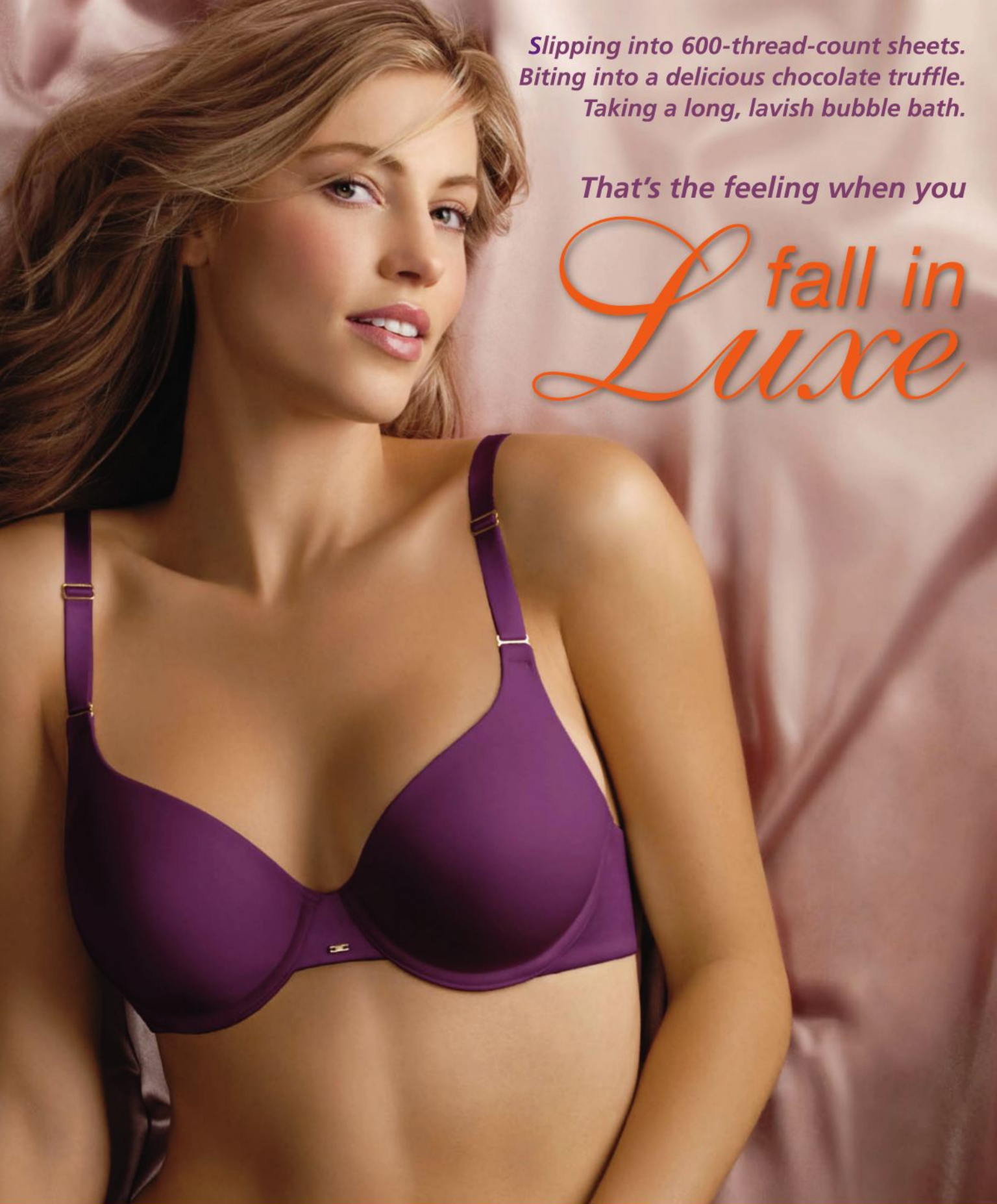
Too great to save for rainy days. Banana Republic Mad Men Collection, \$198; bananarepublic.com.

Rosario Dawson goes full-on girly in cheetah.



THIS STUFF GOES FROM OFFICE TO SEXY INTERLUDE FASTER THAN DON DRAPER.

PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: KRISTY VANT FOR MARK EDWARD INC. SCARF: PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC. DAWSON: GREGORIO T. BINUYA/EVERETT COLLECTION.



*Slipping into 600-thread-count sheets.
Biting into a delicious chocolate truffle.
Taking a long, lavish bubble bath.*

That's the feeling when you

*fall in
Luxe*

The Warner's® Fall in Luxe™
Collection is available
in Underwire,
Wire-Free & Lift Styles at

KOHL'S



warners.com



Find out
what Redbook
editors have
to say about
Fall in Luxe

feel it. believe it. love it.™
warners®

Style rules from a J.Crew guru

Jenny Cooper, head designer for Crewcuts, knows just what you need to be the most stylish one on the playground (after your kids, of course).



Jenny with sons Miller, 6, and Walker, 9, who clearly inherited her high style I.Q.



SIDESTEP SCHOOL SHOPPING DRAMA BY... "Giving kids at least *some* choice. I let my sons pick a few tops so they feel like they've had a say, then I get chinos and other easy bottoms. Everyone's happy. You can do the same thing for girls, or let them pick a pretty dress in easy-to-wash jersey. With leggings underneath, they can still rock the jungle gym."

Dress, \$58, chinos, \$49.50, T-shirt, \$26.50, all Crewcuts; jcrew.com.



IF YOU'RE GOING TO TRY ONE FALL TREND, LET IT BE... "Color: Fashion is going away from muted neutrals. I'm into electric blue. I'm going to mix blue T-shirts with stuff I already own and try the color on my toes, too."

OPI Nail Lacquer in Blue My Mind, \$8.50; professional salons, JCPenney stores.



A NO-FAIL FORMULA FOR A CUTE LOOK IS... "One half casual, one half spiffy—that's my personal rule of thumb. I love mixing something with a traditional masculine feel with a really girly piece, like pairing an outrageously sequined jacket with destroyed jeans and brogues, or wearing a simple pinstriped shirtdress with a glam leopard belt and stacked heels."

Jacket, Anthracite by Muse, \$198; bostonproper.com. T-shirt, T-Los Angeles, \$52; Gemma, Beverly Hills, CA, 310-858-2258. Jeans, Levi's, \$78; levi.com. Oxfords, Forever 21, \$22.80; forever21.com.

THE RESCUE FOR A BAD OUTFIT DAY IS... "A great pair of shoes. There have been times when I've gotten to the office and looked at myself and was like, 'What was I thinking?' So I keep a few pairs of fun heels under my desk in case my outfit needs a pick-me-up."

Pumps, J.Crew, \$198; jcrew.com.



YOU SHOULD ALWAYS... "Wear something that makes you happy. I'm obsessed with socks, and seeing a bright pair peeking out under my pants gives me a thrill."

Socks, \$2 for a pair; kbellssocks.com.

WHEN IT COMES TO JEWELRY... "Don't overthink it. I have all my jewelry hung next to my bed so I can just throw things on to create new looks. One of my favorite things to do is make an eclectic stack of bracelets: a leather cuff, a chunky gold bracelet, and then a few silver ones on top."

From top: Bangle, \$49.50; martinewester.com. Beaded bracelets, Vanessa Mooney, \$35 each; shopplanetblue.com. Bangle, \$19.90; express.com. Bracelet, \$78; Il Bisonte, NYC, 212-966-8773. Bracelet, Joomi Lim, \$92; accessoryartists.com.



KNOW HOW TO TREAT YOURSELF

"I have a hard time doing this, so I have to make it into a mission. Not long ago, I was craving a gold chain necklace, and when my husband gave me a silver arrowhead charm (love it!) for our anniversary, I got an excuse to buy one."

Charm, \$24, chain, \$25, both Peggy Li Creations; peggyli.com.



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PROFESSIONAL

BEST NEW ANTI-AGING PRODUCT
AND THEN SOME...
ALLURE MAGAZINE READERS
GIVE PRO-X THEIR HIGHEST PRAISE.



Advanced Cleansing System
Best New Anti-Aging Product 2011
— Allure.com

Intensive Wrinkle Protocol
Allure Readers' Choice Award, Best Breakthrough 2010
— Allure magazine

OLAY PROFESSIONAL PRO-X

The accolades are in. Our best-selling Advanced Cleansing System and Intensive Wrinkle Protocol have been awarded best in anti-aging and best in beauty. It's the dermatologists and Olay scientists that make Professional Pro-X so highly effective. Get proven cleansing, proven anti-wrinkle results and SPF protection with Olay Professional Pro-X. OlayProfessional.com

PRC-X

POTENT. PROVEN. PROFESSIONAL.

This silky number has the same polish as a classic shirtdress, plus built-in sex appeal too.

Dress, Liz Claiborne, \$49.99; jcpenny.com.

How to wear your shirtdress

It's date night! Throw on a  and dangly  for color, then finish  with preppy-hot . Or put the dress over a , unbutton the top 3 buttons, cinch it with a , and you and your girls have the makings of a bar-hopping night. (Wear  you can dance in!) Friday at the office? Pick a cute, roomy , add a fun-chic  and you're set. *Phew.*

Jacket, Eddie Bauer, \$70; eddiebauer.com. Earrings, Roberta Chiarella, \$34; robertachiarella.com. Heels, Dots, \$22; dots.com for store locations. Camisole, Hanky Panky, \$43; hankypanky.com. Belt, Allison Daniel Designs, \$68; allisondanielsdesigns.com. Booties, Old Navy, \$34.94; oldnavy.com. Bag, Colour Me, \$74; colourme.com. Cardigan, Missoni for Target, \$49.99; target.com.



◀ Sparkle after 5

Tap into this piece's swingin' '70s vibe with glam party-girl accessories.

Necklace, Lulu's, \$22; lulus.com. Bangle, Rosena Sammi, \$99 for 2; rosenasammi.com. Bag, Whiting & Davis, \$170; whitinganddavisbags.com. Heels, Charles David, \$195; dillards.com.



◀ Work with the weather

Yeah, yeah: Let it rain. Or sleet. Or whatever. You'll still be stylish. Shirt, De.corp, \$60, vest, Esprit, \$120; both at Esprit stores nationwide. Watch, Timex, \$60; timex.com. Rain boots, Tommy Hilfiger, \$69; tommy.com.



◀ *Play it cozy and sharp*

A snugly sweater and fedora give this look warmth; heeled boots lend it serious heat.

Sweater, L.L.Bean Signature, \$75; lbean.signature.com. Belt, Talbots, \$49; talbots.com. Hat, Stetson, \$60; thefedorastore.com. Cuff, Anna Pellissari, \$97; annapellissari.com. Boots, Cole Haan, \$398; colehaan.com.



▲ *Make your "suit" a dress*

Under a trim little jacket, this dress looks sophisticated (but not uptight).

Necklace and earrings, Bombay Jewelry, \$13 for set; bombayjewelry.com. Blazer, American Eagle Outfitters, \$80; ae.com. Bag, Ann Taylor, \$278; anntaylor.com. Heels, Shoe Dazzle, \$39.95; shoedazzle.com.



A very elegant touch of red



◀ *Go west, young lady*

A passel of earthy, New Mexico-chic accents chill this wayyyy out.

Scarf, Nepali by TDM, \$150; tdmdesigninc.com. Tank, Jockey, \$12; jockey.com. Belt, Brave Leather, \$105; braveleather.com. Bracelets, Spring Street, \$35 for set; springstreetdesign.com. Bag, H&M, \$24.95; hm.com for store locations. Oxfords, UnRestricted, \$40; restrictedshoes.com.



FALL FOR GREAT COLOR

Sweater weather is here, and nothing goes better with that new fall outfit than beautiful locks. But the season's cool temperatures can wreak havoc on your hair.

The good news? It's easy to get radiant, gorgeous hair without stepping into the salon. Start with **Perfect 10** for rich, lustrous color, and then keep it high-shine healthy with **Pantene Color Expressions**.



OUR SECRET TO RICH, LUMINOUS LOCKS



PERFECT 10 hair color delivers brilliant, rich color with flawless gray coverage. The Perfect 10 Color Infusion Formula penetrates deep into the hair shaft,

filling each strand with rich, glossy color in just 10 minutes. Plus, it's available in 24 high-gloss designer shades.



PANTENE COLOR EXPRESSIONS

color-enhancing blonde, brunette, and highlighting shampoos contain Liquid Crystal technology and reveal the rich color and deep tones of your shade. Pantene Color

Expressions conditioners nourish your hair for radiant color.

“

WHEN USED TOGETHER, **PERFECT 10** AND **PANTENE COLOR EXPRESSIONS** TRULY LET WOMEN BE THEIR OWN COLORISTS.”

COOL WEATHER HAIR TIPS

Help protect your color-treated hair

- **Condition regularly.** On days you don't shampoo, use a leave-in conditioner to hydrate your hair and leave it healthy looking.
- **Use color-specific formulas.** To care for your haircolor, always use gentle shampoos, conditioners, and styling products intended for color-treated hair.
- **Tuck hair into hats and scarves.** As the temperatures drop, hair needs protection from the cold and wind, just like your skin does.



—MARIE ROBINSON

CLAIROL CELEBRITY
HAIR COLORIST

CLAIROL

COLOR THIS RICH RUNS DEEP



Extraordinary high gloss color begins from within.
Our **COLOR INFUSION** formula goes deep and penetrates each strand for rich, shimmering color from the inside out.
100% gray coverage in just 10 minutes.



PERFECT 10
SUPERIOR SHINE nice'n easy

WHAT WOULD Padma Lakshmi DO?



BLACK TIE

She's stunning in a clean-cut dress and the wow jewelry she designs herself.



CASUAL

Padma offsets tough-girl black with punchy-fun red jeans.



COCKTAILS

Her take on ladylike: accessorized with lots of bare skin.

Steal Padma's style: The *Top Chef* host gives classic looks an exotic spin. Now that's a recipe everyone should try!



■ The pared-down silhouette makes this dress chic; the gold necklace and heels make it glamorous.

Necklace, Roberta Chiarella, \$98; robertachiarella.com. Dress, Lulu's, \$43; lulus.com. Heels, Isolá, \$185; isolashoes.com.



■ Red jeans are *huuuuge* for fall. They give a biker jacket and boots a nice dose of playfulness.

Shirt, White House Black Market, \$48; whbm.com. Jacket, KUT From the Kloth, \$98; kutfromthekloth.com. Bag, Shop Suey Boutique, \$58; shopsueyboutique.com.

Jeans, Vintage Revolution, \$128; denimhabit.com. Boots, Coconuts by Matisse, \$80; matissefootwear.com.



■ Nothing's sexier than a strapless dress, especially when you skip a necklace in favor of dangly earrings and a big ol' cuff.

Bangle, Ann Taylor, \$58; anntaylor.com. Dress, Roulette, \$89; Macy's. Earrings, Janessa, \$28; janessaonline.com. Heels, Paris Hilton Footwear, \$89; heels.com.

Simple and so cool

LAKSHMI: FROM LEFT: WIREIMAGE/GETTY IMAGES, BUZZFOTO/FILMMAGIC/GETTY IMAGES, FILMMAGIC/GETTY IMAGES. STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC.

Thank you Curél®

for an end to my never-ending search
for dry skin relief.

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Curél® Ultra Healing® Lotion with Advanced Ceramide Therapy
can change your skin. Our proven formula relieves extra-dry skin immediately.

And prevents it from coming back.



Your search for dry skin relief ends here.

See the cure in Curél®.

See more thank yous at: www.curel.com/thanks

redbook

notebook

october

what's new, noteworthy & now

LIZ CLAIBORNE "7 DAYS OF STYLE"

Your life swings from casual to chic—why not your wardrobe? Fitting a busy life's worth of stylish clothes into one budget (and closet) is easy when you know where to shop. **Available exclusively at jcpenny**, Liz Claiborne offers pieces that are classic, chic, and completely affordable.

7 days
of style

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Enter the Liz Claiborne "7 Days of Style" contest by October 19 for the chance to win an all-expense paid trip to NYC for a behind-the-scenes tour of REDBOOK magazine, a meet & greet with the fashion director, a Liz Claiborne \$1,000 shopping spree, a closet makeover, and a set of Liz Claiborne luggage.

Contest kicks off August 9. Visit www.lizclaibornecontest.com to tell us—and show us—why you deserve to win.

*No purchase necessary to enter or win. 7 Days of Style Contest. Sponsored by Hearst Communications, Inc. Beginning at 12:01 a.m. ET on 8/9/11 through 11:59 p.m. ET on 10/19/11, enter at lizclaibornecontest.com and submit an entry form, including photo upload and essay submission of why you are in need of a closet makeover pursuant to the onscreen instructions. Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States or the District of Columbia who has reached the age of majority in his or her state of residence at time of entry. Void in Puerto Rico, and where prohibited by law. Contest subject to complete official rules available at lizclaibornecontest.com.

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The Samsung FlexDuo—a double oven when you want it, a single oven when you need it. Bake, broil, or roast at two different temperatures simultaneously. That's the Wonder of Samsung. Learn more at samsung.com/us/appliances.



PEBBLES BOULDERS

Introducing NEW Whole Grain Pebbles Boulders. With more whole grain than Honey Nut Cheerios,* Pebbles Boulders gives you a reason to give your kids more of what they love. Find out more at PebblesPlay.com/PebblesBoulders.



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DRIP DEFYING.
UNBEATABLY
FADE-DEFYING
FOAM.



Get lasting, unbeatably fade-defying color from Nice 'n Easy. It applies effortlessly and starts to absorb instantly, saturating hair. Get a beautiful blend of **tones and highlights**, in one simple step, with no drips! **100% GRAY COVERAGE**
haircolorfoam.com



**nice'n
easy**

Sweet dreams, **skin.**

While you rest, the **science** of **beauty sleep** is fast at work.

NEW!

TimeWise® Night Restore & Recover Complex

works with your skin's natural cycle while you sleep to recover from the day's damage. So you can wake up to younger-looking skin with these benefits*:

Helps skin recover
from daily damage

Targets the
skin matrix*

Activates collagen
production*

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BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT

5 TRICKS TO...

Put on your blush perfectly

Sure, you slap some on every morning. But if you really pay attention, blush can make you look slimmer, younger, and glowier. Turn the page to brush up! By Cristina Mueller

1. FIND YOUR PRETTIEST COLOR

The right blush shade gives you the same superfresh glow that you rolled out of bed with when you were 18.

"It's the quintessential antiaging makeup," says celebrity makeup artist Molly Stern. "When your cheeks have healthy color, your complexion looks more radiant."

Which shade will work magic on you? For olive skin, think warm—peach and copper—or bright, such as Elizabeth Arden Color Intrigue Cheekcolor in Pink Glow (above, top), \$22. If you're fair, your best bets are natural pinks ranging from pale to a rosy hue, like Mally Beauty Blush Single in Mally's Baby (above, middle), \$18. And plum, cognac, and berry tones—like Mary Kay Cream Blush in Cranberry (above, bottom), \$13—look gorgeous on dark skin.

Whichever color you choose, make sure it's shimmer-free; you didn't have naturally sparkly cheeks as a teen, and you shouldn't have 'em now, either.

2. Get the right formula

Can't decide between cream or powder? Both have plenty going for them. Powders (such as Smashbox Girls on Film Blush Rush in Silhouette, right, \$24) tend to stay on the skin longer and are better if you're oily or breakout-prone. (Creams, which add a sheen, can highlight zits.) Powders also tend to have more pigment, so they're great in the winter for an extra boost of color. Creams are more translucent and give a natural, lit-from-within flush; also, they won't settle into fine lines.



3. Try a smaller brush

If your blush barely registers on your skin, check your brush size. If it's big and fluffy, it's designed to diffuse face powder, so it can make blush go on too sheer. The ideal brush, says makeup artist Brigitte Reiss-Andersen, is domed with densely packed bristles "and has a head no wider than a two-liter bottle cap." Try Nars Blush Brush (above), \$46.

4. If you buy only one blush, buy this



We tested Avon Be Blushed in Crushed Berry (left), \$8, on fair, Asian, olive, and African-American women in our office—and it looked fab on everyone. (The reason: You can wear it sheer or build it up.)

5. PERFECT YOUR PLACEMENT

Whichever blush texture you use, start by swirling it on the apples of your cheeks (those spheres that pop out when you smile). Then, for a bonus youth-ifying effect, blend it back along your cheeks toward your temples, fading it into your skin about an inch from your hairline. And keep in mind: "As we get older, our faces lose some of their fullness," says Tim Quinn, celebrity makeup artist for Giorgio Armani Beauty. "When this happens, women often start applying their blush too low, so it's right under the cheekbones, which can be aging." His advice is to place your blush a notch higher than you think it should go, so it runs across the tops of your cheekbones. "Not only does this make your cheeks seem more defined, but it also helps deflect from dark under-eye circles and brightens your entire face," he says.



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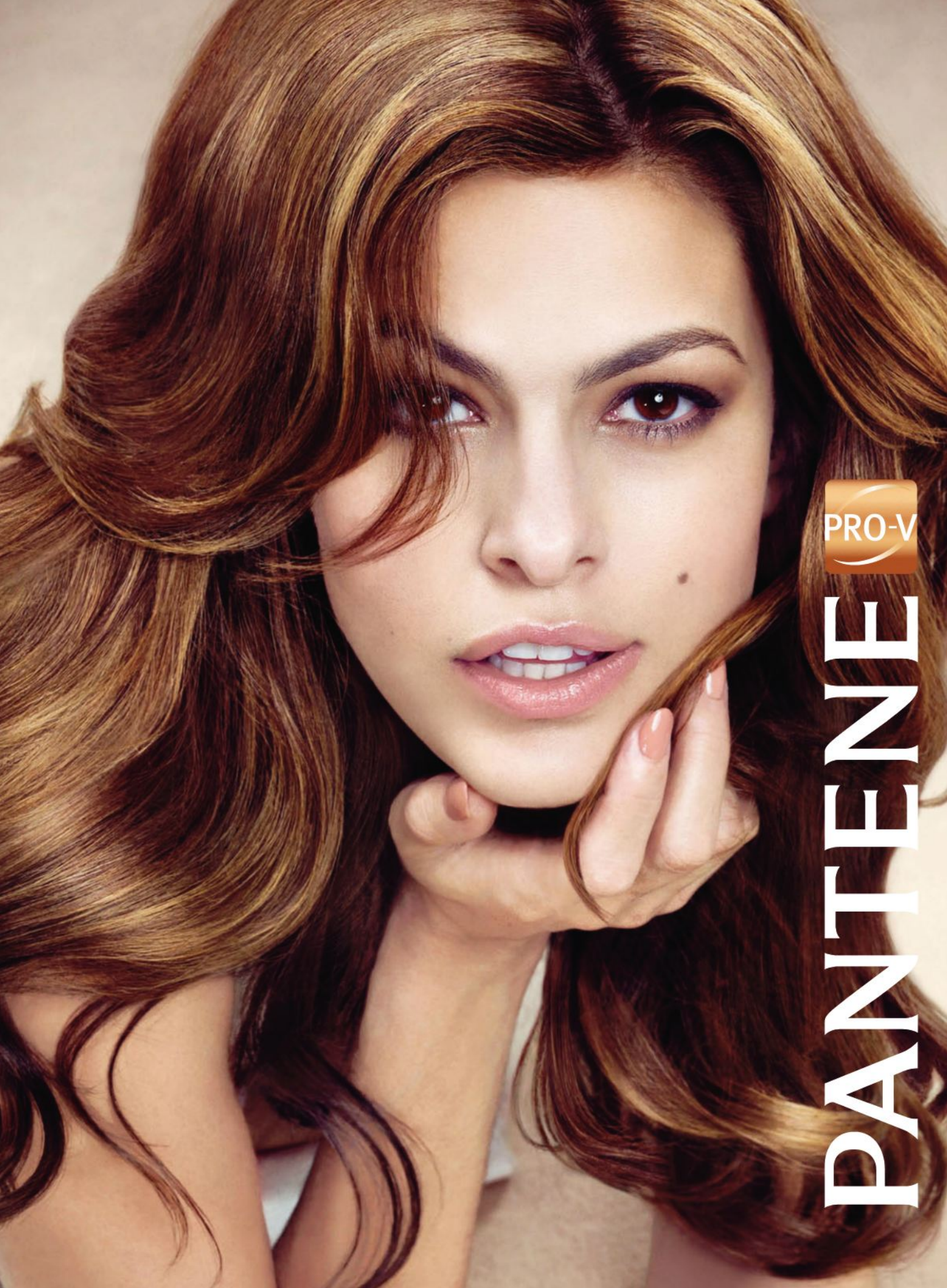
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—Eva Mendes



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Halle Berry, 2009

THE BEST

If you need a new hair idea (and don't we all?), bangs, bed-head, and beehives to find the 75

short

HALL OF FAME

The sweet pixie



Jean Seberg, 1956

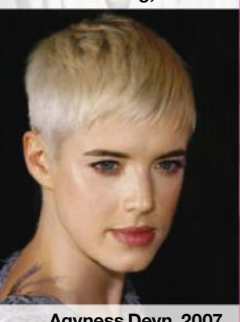


Winona Ryder, 1997



Meg Ryan, 1997

"The messy layers give this cut versatility and make it look fresh, even today," says Sally Hershberger, who created Ryan's shag. "If you go too silky, you lose the edginess."



Agnès B., 2007



Michelle Williams, 2011



Isabella Rossellini, 1988



Molly Ringwald, 1985



Princess Diana, 1997

"This was a sharper, slightly more boyish haircut than what she'd had," says hairstylist Sam McKnight, who reshaped Diana's coif after her divorce. "It let her be a bit sexier."



Cameron Diaz, 1998



Victoria Beckham, 2007



Madonna, 1989



Linda Evangelista, 1989

"It's a cropped style, but it's still piece-y, which keeps it soft and feminine, not overworked or helmet-like," says hairstylist Garren, who worked with Evangelista for nearly 20 years.



Pam Grier, 1972



Louise Brooks, 1929



Demi Moore, 1990

BERRY: ROSELLINI, EVANGELISTA, WILLIAMS: WIREIMAGE; RINGWALD: UNIVERSAL PICTURES/EVERETT COLLECTION; PRINCESS DIANA: TIM GRAHAM/GETTY IMAGES; DIAZ: 20TH CENTURY FOX FILM CORPORATION/EVERETT COLLECTION; MADONNA: MPTVIMAGES.COM; MOORE: MARY EVANS/RONALD GRANT/EVERETT COLLECTION; GETTY IMAGES (6).

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Diane Sawyer, 2004



Natalie Wood, circa 1966



Whoopi Goldberg, 2000



Debbie Harry, 1979



Oprah Winfrey, 2005
"We call this 'the Oprah' because it's her signature style," says Andre Walker, Winfrey's longtime hairstylist. "It's a classic bob shape that's easy to adapt by adding different kinds of layers."



Cybill Shepherd, 1971



Lauren Bacall, 1945



Diana Ross, 1995



Jackie Kennedy, 1960



Anne Bancroft, 1967



Jennifer Grey, 1987



Bianca Jagger, 1977



Claire Danes, 1994



Kim Basinger, 1986



Jennifer Aniston, 1995

HALL OF FAME

The sleek bob



Katie Holmes, 2008



Michelle Pfeiffer, 1983



Salma Hayek, 2010



Michelle Obama, 2009



Faye Dunaway, 1967

long



Lauren Hutton, 1974



Gisele Bündchen, 2005

"Long layers all around, piece-y ends, and slight layering next to her face create sexy, just-rolled-out-of-bed hair," says John Frieda hairstylist Harry Josh, who cuts Bündchen's mane.



Veronica Lake, 1942



Kate Moss, 1995



Julia Roberts, 1990



Kate Middleton, 2010

"We use a round brush during her blow-dry to create that perfect 'swish,'" says stylist Richard Ward, owner of Richard Ward Hair & Metrospa in London, where Middleton is a frequent client.



Ali MacGraw, 1964



Lisa Bonet, 1988



Sarah Jessica Parker, 2001

"The 'Carrie' look radiates fun and sex appeal at the same time, even if it gets disheveled," says Serge Normant, Parker's hairstylist. "It looks effortless and never too 'done.'"



Farrah Fawcett, 1976



Keri Russell, 1994



Cher, 1973



Cindy Crawford, 1992



Janet Jackson, 1993



Kim Kardashian, 2011



Jane Fonda, 1968



Jennifer Lopez, 2010



Naomi Campbell, 2006

HALL OF FAME

The major bang



Stevie Nicks, 1977



Reese Witherspoon, 2007



Marianne Faithfull, 1961



Julie Christie, 1968

HUTTON: PARKER, KARDASHIAN, LOPEZ, CAMPBELL, NICKS: GETTY IMAGES; LAKE, ROBERTS, JACKSON, FONDA: EVERETT COLLECTION; MACGRAW: DAVID MAGNUS/REX USA/EVERETT COLLECTION; BONET: NBC/EVERETT COLLECTION; FAWCETT: BRUCE MCBROOM/MPTVIMAGES.COM; CHER: GUNTER/MPTVIMAGES.COM; FAITHFULL: ROGER VIOLLET/GETTY IMAGES; WIREIMAGE (7).

braids & updos



Bo Derek, 1979



Lauren Conrad, 2008



Brigitte Bardot, 1962



Angelina Jolie, 2009



Grace Kelly, 1956



Jessica Alba, 2008



Sarah Palin, 2008



Sharon Stone, 1992



Kim Novak, 1958



Sandra Dee, 1960



Lucy Liu, 2008



Catherine Deneuve, 1967

HALL
OF
FAME

*The
dramatic
topknot*



Elizabeth Taylor, 1963



Sophia Loren, 1966



Jennifer Lopez, 1999



Faye Dunaway, 1968



Audrey Hepburn, 1961

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SHOW SOME TLC Breakage over time can contribute to lack of fullness. So give yourself a weekly conditioning treatment like **Pantene Ultra Light Moisturizing Treatment**. You'll nourish your hair and help protect it against future damage from styling.



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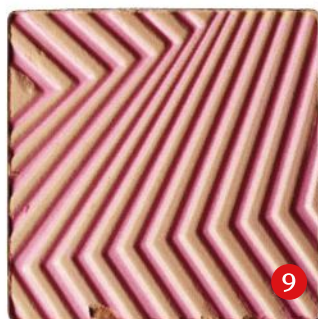
—Naomi Watts

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FALL-TASTIC QUICK FIXES FOR SKIN, HAIR, AND BOD



1 Most-wanted palette The first 10 lipstick shades ever created by make-up pro Bobbi Brown, plus 10 new ones—all in a palm-size case. Bobbi Brown Limited Edition 1991 Lip Palette, \$60.

2 Soap and a bonus With soothing minerals from a Japanese hot spring plus a natural loofah nestled inside, this bar turns any shower into a bona-fide spa experience. Sai-Sei Mineral Loofah Body Polish Soap, \$18.50.

3 A smarter concealer From the gurus of acne-fighting: two shades of creamy concealer (blend them to match your skin tone), each with salicylic acid to help fight blemishes. Proactiv All Shade Blemish Concealer Duo, \$20.

4 Static zapper A brave tester rubbed a balloon against her hair until it stood on end, then wielded this electric brush, which emits negatively charged ions. A few strokes had her sleek and flyaway-free. Braun Satin Hair Brush, \$65.

5 Skin magician Sheer foundation usually makes your face feel over-exposed. But this one evens out and lights up skin, thanks to special brightening pigments. Rimmel London Match Perfection Foundation, \$8.99.

6 The scent of ahhh One whiff takes you to a cozy log cabin tucked away in the woods. Molton Brown Myrrh Muske & Cypress Medio Candela, \$49.

7 Softer lips by morning The Revive jar houses a light SPF-15 balm for day; the Restore one has a rich salve with vitamin E to nourish lips overnight. Blistex Revive & Restore, \$3.29.

8 Crazy-sexy perfume Spritz on this sultry scent laced with amber and vanilla, and he'll want to skip the after-dinner movie. (And dinner? That would be you!) Narciso Rodriguez for Her in Color eau de parfum, \$84 for 1.6 oz.

9 A year-round glow The abstract design of this blush-bronzer combo is inspired by modern art, but the radiance it gives your face is classically lovely. MAC Optical Bronzer, \$38.

PHOTOGRAPHED BY DEVON JARVIS/STUDIO D. CANDLE: PHOTOGRAPHED BY GREG MARINO/STUDIO D.

Elisabeth Hasselbeck's first experience with breast cancer came at the age of 17, when her mother was diagnosed with an advanced form of the disease. "My mom is a remarkable woman," notes Elisabeth. "And early detection saved her life."

Cancer-free for 17 years now, her mom, Elisabeth, has seen the disease touch many in her family. "Breast cancer didn't start with me—my mom and my sister had it too. So, for us, it's been around for a very long time and it's still around for us. That's why I feel so strongly that people need to know it can happen to them. And whatever they can do to prevent it or catch it early is so critical."

"This great campaign encourages women to find time in their day to make themselves feel beautiful."

—SARAH HASSELBECK
*Wife of Matthew Hasselbeck,
NFL quarterback*



With generations of professional players in their ranks, the Hasselbecks are truly a football family. And they're encouraging moms to join the NFL family this October to support "A Crucial Catch," the league's annual campaign to encourage women over 40 to get screened in collaboration with the American Cancer Society. See players, coaches and referees wearing pink game apparel this month—and purchase your own at **NFLSHOP.com**.

"My mom is a remarkable woman."
And early detection saved her life."

"I'm honored to raise awareness AND help us get to \$100,000 by encouraging every woman to 'like' us on Facebook."

—BETSY HASSELBECK
*Wife of Don Hasselbeck,
former NFL player, and
mom of both Matthew,
NFL quarterback,
and Tim, former NFL
quarterback and
ESPN NFL analyst*



"Feeling beautiful is about staying healthy. Don't be afraid to get your mammogram, do a self-exam, eat right and take care of yourself."

—ELIZABETH DELPADRE

Elisabeth's mom and breast cancer survivor

That history has changed the way this survivor lives day to day. "I'm more aware of how to keep myself healthy, eating the right foods, trying to exercise, and avoiding things that we know can make us sick," Elisabeth says. "Any woman looking to take control of her health needs to maintain a healthy weight, follow a low-fat diet and reduce alcohol consumption—a simple plan we can all adopt."

"This experience brought my family closer," notes this empowered mom. "And I feel most beautiful when my entire family is together."

Remarkable woman.

Early detection saved her life."

—ELISABETH HASSELBECK

"The more we talk about it, the more women will go in and get screenings."

—ELISABETH HASSELBECK



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Tackle Breast Cancer

October is
National
Breast Cancer
Awareness Month—
the perfect time
to join Elisabeth,
her mom and ALL
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mammograms for those in
need. See the back page for 3
simple ways to do something
beautiful and help win this
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*The participation of Elisabeth Hasselbeck and Elizabeth DelPadre does not imply endorsement of P&G Beauty.



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-The Sponge

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A Healthy Way to Lose Weight Fast

New supplement nourishes body and ends dieting cycle

Fad diets come and go. At any given time, one out of three women and one out of four men are on a diet. Unfortunately, two-thirds of dieters regain the weight within one year, and virtually all regain the weight they lost within five years. This is called the yo-yo effect.

Years ago, Hubertus Trouillé, a German holistic therapist, developed an effective formula to end the cycle of weight loss and gain. Using just three nourishing ingredients—high quality fermented soy, probiotic yogurt and enzyme-rich honey—Trouillé created a weight loss supplement that works in a unique manner by treating and improving the body's metabolism. Unlike other supplements that simply suppress appetite,

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Silke Ullmann is a licensed, registered dietitian who provides nutritional guidance for Almased.

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- 9.** Lowers blood pressure.

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My Bikini Emergency Plan at a glance

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Breakfast, Lunch and Dinner

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Lunch

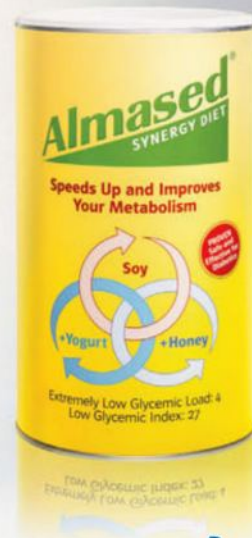
Vegetables and salad with lean meat or fish. (See recipe ideas online)

Dinner

8 tablespoons of Almased (50g) in low-fat milk with 1 teaspoon of oil (flaxseed, olive or canola), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired.

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SCREEN GRAB

Get girl-next-door gorgeous



In the Fox sitcom *New Girl*, Zooey Deschanel plays a just-dumped teacher who moves in with three single guys. Though her character is adorably kooky, Zooey's look is effortless and romantic. We asked on-set makeup artist Jorjee Douglass and hairstylist Aaron Light for the lowdown.

Subtly defined eyes: Douglass swept bronze and taupe cream shadows around Zooey's eyes. Then, "for a mix of drama and softness," she lined her top lashes with black cream liner and the inner rims of her bottom ones with black pencil, and added lots of mascara.

Peachy-keen glow: Douglass swooshed Nars Blush in Orgasm along Zooey's cheeks. Then she filled in the star's lips with a rosy pencil and a coral gloss. "The low-key effect offsets her made-up eyes," she says.

D.I.Y. updo: "It's flirty date hair," says Light, who misted Zooey's damp curls with spray gel and blow-dried them with a diffuser. He twisted her hair into a high bun and secured it with banana clips (you read that right), then pinned the bun's overflowing tendrils over the clips to hide them. Last, he polished her face-framing curls with a half-inch curling iron.

—KAYLEIGH DONAHUE



Clockwise from top left: Too Faced Perfect Lips Lip Liner, \$18.50; Benefit Creaseless Cream Eyeshadow/Liner in (clockwise from top) Birthday Suit, RSVP, and Busy Signal, \$19 each; Nars Blush in Orgasm, \$27; Laura Mercier Lip Glacé in Baby Doll, \$22; Rimmel Glam' Eyes Day 2 Night Mascara, \$7.99.



Revlon Super Lustrous Lipstick in Certainly Red, \$7.99. Below: Tarte LipSurgence Natural Lip Tint in Amused, \$24, on Bosworth at right.

TRY THIS TREND

MATCHY MATCHY LIPS

Diane Kruger and **Kate Bosworth** have recently worn a lipcolor in the same shade as their dress—and we're loving it! Why is this former beauty no-no suddenly so good? "It's one of the easiest ways to look pulled-together," says celebrity makeup artist Mally Roncal, "especially because the colors don't have to be identical. So long as your dress and lipstick are in the same color family with the same undertones—say, both blue-ish pinks or orange-y reds—they'll flatter one another." If lipstick isn't your thing, makeup artist Amy Nadine (who did Bosworth's makeup here) says to try wearing a matching lip stain instead: "It gives the same effect in a less obvious way." —K.D.



Diane Kruger (above) and Kate Bosworth get color coordinated.



5-MINUTE FIX

Look un-tired, instantly

Stars jet from continent to continent; we jet from school drop-off to work to 1 a.m. mind-racing. And we *all* wake up looking wiped. Makeup artist Tracey Levy, who globe-trotted with actress Mila Kunis on her *Friends With Benefits* press junket, told us how she helped the star fake eight hours of rest. To hide dark circles, "first apply a thick concealer," says Levy. Then dab a liquid concealer with light-reflecting particles on top. Next, Levy rubs a rosy cream blush on cheekbones and apples, and pats on a brightly tinted lip balm "to bring color and moisture back to tired skin." —VICTORIA KIRBY



Mila in Berlin



Levy's face-brightening formula: Bobbi Brown Creamy Concealer, \$22; Giorgio Armani Beauty Master Corrector, \$36; Stila Convertible Color blush in Lillium, \$25; Korres Lip Butter in Quince, \$12.

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*EverSleek System includes a shampoo, a conditioner and a treatment.



I have pale, puny lashes. How can I pump them up?

Was she born with those fluttery things? Nah! Get 'em now with these pro tips.



A THE DERMATOLOGIST SAYS:

"Some of us have naturally tiny lashes; other people's get wimpy with age. If mascara isn't cutting it, consider Latisse, the FDA-approved prescription lash treatment. It's a clear solution you brush on daily like liquid

Elizabeth Tanzi, M.D., clinical instructor of dermatology at Johns Hopkins Medical Center

eyeliner and it makes lashes last, so you have more of them, and helps them grow in longer, thicker, and darker." Reported side effects include temporary skin darkening and permanently darker eye color, "but the risk is low if you follow the instructions and apply it sparingly, so it doesn't drip," Tanzi says. (Only get Latisse from your ophthalmologist or dermatologist, never online or in a spa.) Over-the-counter lash growth products cost less but do less too: "Most are made with rich conditioners, which help hairs grow and stay in longer—just not to the degree that Latisse can," she says.



A THE LASH SPECIALIST SAYS:

"Try lash extensions, which are done in a salon or spa, or false lashes applied by a makeup artist. Extensions are glued onto your real lashes one by one and last up to three weeks." Before booking an appointment,

Dionne Phillips, owner of D'Lashes salon in Los Angeles (her clients include Victoria Beckham and Brandy)

find out a few details: "The extensions should vary in length and thickness, and the glue should be medical-grade. And make sure they'll use gel patches, not tape, to hold down your bottom lashes during the service," Phillips says. Set aside two hours for the application, which costs \$200 to \$400. Having falsies put on by a makeup artist at a makeup counter or salon is way more affordable (\$15 to \$50), takes 15 to 30 minutes, and lasts a day or two. A pro will artfully apply them so they look lush and natural—and stay put.



A THE MAKEUP ARTIST SAYS:

"For maximum lashes, use a black mascara that contains thickening fibers, which stick to hairs to bulk them up. Look for the words *volumizing*, *thickening*, or *fiber* on the label. Most of these come with a chubby brush, which

Daniel Martin, celebrity makeup artist and makeup brand consultant

has extra bristles to massage lots of color onto the hairs." Martin also recommends two prep steps: First, curl your lashes. Next, sweep on a lash primer, which fattens hairs by coating them in a clear film. And as you're applying your mascara, "wiggle the wand right into the base of your lashes, and brush it straight out in front of you to add length." Follow with another coat, pulling the wand outward for a cat-eye effect. Then stop. "Don't do more than two coats," warns Martin, "or the formula can clump and flake after a few hours." —VICTORIA KIRBY

LASH FLASH



Latisse is prescribed in a 3-ml vial; each costs \$75 to \$120 and will last you about a month.



Physicians Formula Eye Booster 2-in-1 Lash Boosting Eyeliner + Serum, \$10.95, offers lash-enhancing ingredients in a liquid liner.



Pay a pro to perfectly apply faux lashes. Ardell Fashion Lashes Natural #109, \$6.50.



Sephora Collection eyelash curler, \$16.

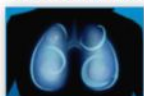


Lancôme Hypnôse Doll Lashes Mascara, \$25, adds volume and has a cone-shaped brush to reach tiny corner lashes.

For patients 12 years and older whose asthma is not well controlled on a long-term asthma medicine, or when disease severity warrants

My asthma... under control with the help of **SYMBICORT**.

When my symptoms came back, my doctor and I chose SYMBICORT to help improve my lung function.



SYMBICORT is an asthma control medicine that starts to work within 15 minutes,* helping me breathe better all day and night.† It won't replace a rescue inhaler for sudden symptoms. My doctor told me that SYMBICORT combines two medicines to help control inflammation and constriction.

Once your asthma is well controlled, your doctor will decide if you can stop taking SYMBICORT without loss of control and may prescribe a long-term asthma control medicine, such as an inhaled corticosteroid.

* Your results may vary.

† When taken twice daily.

Ask your doctor if SYMBICORT is a good choice for you.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta₂-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your health care provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT should call their health care provider or get emergency medical care:

- if you experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection. You may have a higher chance of infection.
- if you experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels (signs include a feeling of pins and needles or numbness of arms or legs, flu like symptoms, rash, pain and swelling of the sinuses), decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your health care provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT for Asthma

SYMBICORT is a medicine for the treatment of asthma for people 12 years and older whose doctor has determined that their asthma is not well controlled with a long term asthma control medicine such as an inhaled corticosteroid or whose asthma is severe enough to begin treatment with SYMBICORT. SYMBICORT is not a treatment for sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.



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IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant: It is not known if SYMBICORT may harm your unborn baby
- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- **While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.**
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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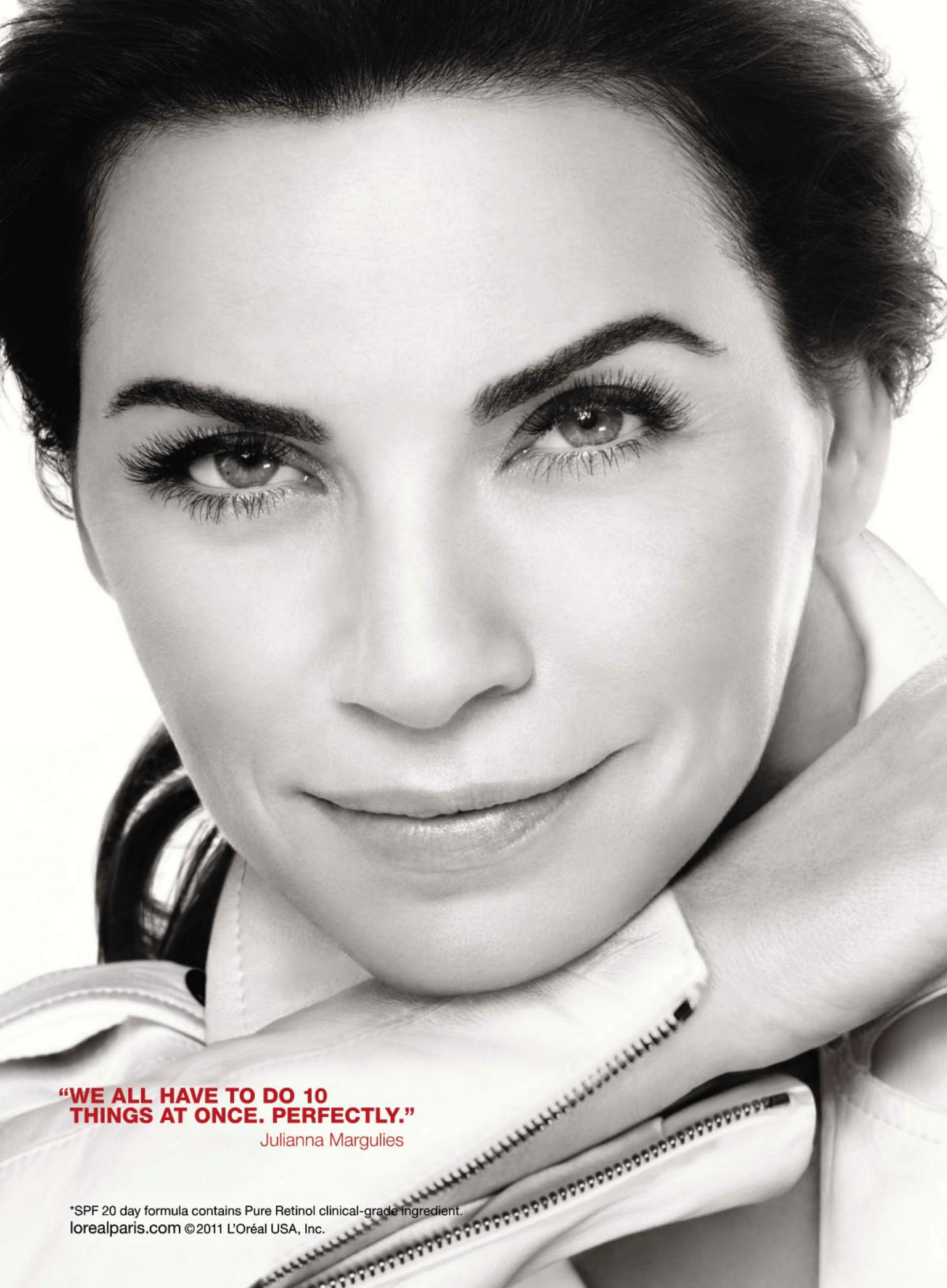
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A black and white close-up portrait of actress Julianna Margulies. She is looking directly at the camera with a slight smile. Her hair is dark and styled. She is wearing a light-colored jacket with a visible zipper. The background is plain white.

**"WE ALL HAVE TO DO 10
THINGS AT ONCE. PERFECTLY."**

Julianna Margulies

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Every woman
needs her own
look-younger
regimen.

The anti-aging plan for your exact skin tone

American women are gorgeously diverse—and our approach to anti-aging should be too. “The color of your skin and your ethnic heritage play a huge role in exactly when and how your skin will age,” says Wendy Roberts, M.D., a dermatologist in Rancho Mirage, CA, and the founding director of the dermatopathology division at Loma Linda University Medical Center in California. “They not only determine which products you should be using, but also how well they’ll work. In fact, some anti-aging treatments can actually be *harmful* when used on the wrong skin tones.”

Here’s a quick rundown of how your skin color and ethnicity play into your aging time line: “First, regardless of your racial background, the darker your skin is, the more pigment it has—and, therefore, the more natural protection it has against surface sun damage,” says Roberts. “This means wrinkles and loss of firmness usually appear later on darker skin, but pigment problems such as sun spots typically show up earlier.” Then, there are issues intrinsic to certain ethnicities—like bone structure, skin sensitivity, even cultural differences in how some women are taught to care for their skin—that contribute to the aging process. (If you’re of mixed race, follow the advice for your darker-skinned heritage.) This may sound like a lot to think about, but don’t sweat it. We asked top dermatologists to devise a customized plan for you, no matter which beautiful shade you are. There’s one product everyone should use daily: a broad-spectrum sunscreen with SPF 30 or higher. Beyond that, you need your very own routine, and you’ll find it on these pages.

ROBIN DERRICK/TRUNKARCHIVE.COM

SKIN-CARE GLOSSARY

Our mini-dictionary explains all the lingo the derms use here.

Antioxidants:

Molecules that protect cells in your body from being damaged by free radicals (see definition below).

Collagen:

A protein that gives skin its supple, smooth appearance. When collagen breaks down, wrinkles and sagging occur.

Elastin:

Rubber-band-like fibers in the skin that support its structure and help it stay firm. When elastin is damaged, skin droops.

Free radicals:

Toxic molecules that form in the body when it’s exposed to environmental stresses such as the sun’s ultra-violet (UV) rays and pollution. Free radicals can damage all types of cells, including skin cells.

Hyperpigmentation:

The clinical term for sun spots, which occur when skin produces too much melanin (see definition at right) and it clusters together. Excessive sun exposure and over-exfoliation are the main triggers.

Melanin:

Skin’s pigment. The more you have, the darker your skin color is.

Peptides:

When collagen breaks down, it forms certain peptides in your body that signal your skin to make new collagen. Synthetic forms of these peptides in topical products can “trick” skin into making more collagen.

Retinoids:

Vitamin A derivatives that are available in prescription creams such as Retin-A and Renova. They boost collagen production by speeding up the skin’s exfoliation process (the more skin sheds, the more collagen it pumps out to make up for the lost cells). Retinoids can cause side effects like irritation and redness.

Retinol:

A form of vitamin A that’s available in over-the-counter skin products. Like retinoids, it helps to speed up skin’s natural exfoliation, but the effect is milder.

caucasian



Sun damage is by far the biggest ager for Caucasian women, because their skin contains the lowest amount of melanin out of anyone's," says Ranella Hirsch, a clinical assistant professor of dermatology at Boston University School of Medicine. "The sun is a main cause of the collagen and elastin breakdown that leads to wrinkles, as well as being the trigger for blotchiness and sun spots." These issues strike us all at some point but typically show up earliest on Caucasian skin: Lines can start to form around age 30, rough and uneven texture a few years before that.

YOUR ANTI-AGING REGIMEN

Twice a day: Use a basic gentle cleanser. "Don't waste money on pricey washes—they don't make much of a difference in terms of treating lines," says Hirsch. "A simple cleanser will help keep your skin soft by not stripping it of moisture." She likes Purpose Gentle Cleansing Wash, \$5.99, or, for touchy skin, Dove Sensitive Skin Unscented Beauty Bar, \$3.59 for two.

A.M. Put on sunscreen (or moisturizer with SPF 30) spiked with potent antioxidants such as vitamins C and E and soy. "Antioxidants protect against the pollutants that can generate free radicals," says Hirsch. Try SkinCeuticals Sheer Physical UV Defense SPF 50, \$30, or Neutrogena Healthy Defense Daily Moisturizer SPF 50 with Helioplex, \$12.99, both of which contain vitamin E.

P.M. Use a retinol treatment, alternated with a peptide cream. "Many Caucasian women use harsh scrubs to exfoliate, but the better, gentler choice is adding a retinol treatment to your regimen, which both

increases collagen production and helps to get rid of dead cells by speeding up your skin's natural exfoliation process," says Hirsch. She recommends a serum or concentrate with up to 0.1 percent retinol, such as SkinMedica Tri-Retinol Complex ES, \$75; we also like L'Oréal Paris Revitalift Daily Anti-Wrinkle Concentrate, \$15.79.

Peptides are another great collagen-booster, so Hirsch recommends swapping the retinol treatment for a peptide cream every other night. "My patients love this trick because they get the benefits of both," she says. Her pick: Vichy LiftActiv CxP Night cream, \$46.50, which also contains vitamin C to amp up radiance. "If you have very sensitive skin that can't tolerate retinol even a few times a week, you can use the peptide cream alone, which is gentler."

FOR EXTRA HELP: If your skin looks uneven or rough, or if you already have deep wrinkles, visit your dermatologist for a chemical peel (which is a deep exfoliating treatment that dissolves surface skin cells). "One session can give results similar to six to 12 months of applying a nightly retinoid," says Hirsch.



Ranella Hirsch, M.D., is a dermatologist in Boston.



From left: Vichy LiftActiv CxP Night cream, \$46.50; L'Oréal Paris Revitalift Daily Anti-Wrinkle Concentrate, \$15.79; Neutrogena Healthy Defense Daily Moisturizer SPF 50 with Helioplex, \$12.99; Dove Sensitive Skin Unscented Beauty Bar, \$3.59 for two.

latina



Latin women have a wide spectrum of skin colors," says Maritza Perez, M.D., director of cosmetic dermatology at St. Luke's Roosevelt Medical Center in New York. "There are blonde, blue-eyed Latinas who age like Caucasian women and worry most about wrinkles, and dark Hispanic women with pigmentation issues similar to those of African-Americans." But the majority have olive complexions somewhere in between, and they experience a mix of both pigment problems and loss of firmness. "Starting around their mid-40s, they get dark spots, under-eye hollowness, and loss of volume in the mid-face region," Perez says.

YOUR ANTI-AGING REGIMEN

Twice a day: Use a creamy, non-foaming cleanser such as Cetaphil Gentle Skin Cleanser, \$11.99. "Though our skin isn't dry by nature, my Hispanic patients often tell me they were taught growing up to use stronger cleansers like Noxzema. And since everyone's skin gets drier with age, I find they're frequently using a cleanser that's too harsh for their skin now."

A.M. If your biggest gripe is blotchy skin (an issue for many olive- and darker-skinned Latinas), try a moisturizer containing niacinamide. “Also known as vitamin B3, this ingredient helps to even skin tone and keep the skin’s barrier—which is the outermost layer—thick and healthy so it can protect skin better from moisture loss and the elements,” says Perez. Her pick is Olay Total Effects Daily Moisturizer, \$18.99.

If you have wrinkles or early stages of sagging, try a peptide cream, which Perez likes for its firming benefits. She recommends StriVectin-SD Intensive Concentrate, \$135 (a cream originally designed to reduce stretch marks) because “it contains more active peptides than most face creams.”

P.M. Use tazarotene, a retinoid available in the prescription cream Tazorac. “It’s gentler than other

retinoids, so it’s less likely to cause dryness or irritation,” says Perez. “I especially like it for Latin skin because it treats all of their concerns: It reduces wrinkles, a big problem for light-skinned Hispanics, and it curbs hyperpigmentation, which is a major issue for my patients with olive and dark skin.” For an over-the-counter option, try SkinCeuticals Retinol 1.0 Night Cream, \$59.

FOR EXTRA HELP: “Under-eye bags are probably the top complaint I hear from my Latina patients,” says Perez. “The kind we get are from the fat pads around our eyes shifting downward, which causes them to bulge out near the tops of our cheeks.” Eye creams can’t correct this far-beneath-the-surface issue, but one or two treatments with an injectable filler such as Perlane or Juvéderm can help by filling in the hollowed areas under the eyes, which evens out the skin so bulges are less noticeable.



Maritza Perez, M.D., is a dermatologist in New York City.



Clockwise from top: Cetaphil Gentle Skin Cleanser, \$11.99; StriVectin-SD Intensive Concentrate for Stretch Marks & Wrinkles, \$135; Olay Total Effects Daily Moisturizer, \$18.99; Tazorac Cream 0.1%, approximately \$300 for a 60-gram tube.

african-american



Dark skin has a large amount of melanin, which means it has more built-in protection from surface sun damage. As a result, African-American women generally get fewer wrinkles—which appear about a decade later than they would on fair skin. “But don’t get a false sense of security,” says dermatologist Wendy Roberts. “It’s true that our skin has *some* natural protection against the sun, but it’s not nearly enough to fully protect against the harmful UVA rays that cause serious signs of aging—and skin cancer.” Plus, melanin has a downside: “Our excess pigment often causes dark spots and uneven skin tone starting around the late 30s or early 40s,” says Roberts.

YOUR ANTI-AGING REGIMEN

Twice a day: Use a gentle, granule-free cleanser. “My African-American patients tend to try to scrub away their pigment spots,” says Roberts. “But anything with granules, even if they’re

superfine, can signal the skin to pump out more melanin if you overuse it.” Instead, she recommends a basic cleanser for your skin type. Her favorites are Neutrogena Oil-Free Acne Wash, \$5.99, for oily or acne-prone skin; Neutrogena Fresh Foaming Cleanser, \$5.99, for combination skin; and Clarins Cleansing Milk, \$29.50, for dry skin. Then, she advises using an electric skin brush like Clarisonic Classic Sonic Skin Cleansing System, \$195, two to three times a week to exfoliate gently.

A.M. Start with a moisturizer with vitamin C. “I put all of my dark-skinned patients with pigment issues on a vitamin C product,” says Roberts. “It’s one of the best ingredients for clearing up dark spots and blotchiness.” She recommends La Roche-Posay Active C Facial Moisturizer, \$49.50; we also like Ambi Even & Clear Daily Moisturizer SPF 30, \$9.99.

Then put on a broad-spectrum sunscreen (if your moisturizer doesn’t already contain SPF 30). Roberts recommends La Roche-Posay Anthelios SPF 60 Ultra Light Sunscreen Fluid, \$29.50. *Continued on page 90* ➡

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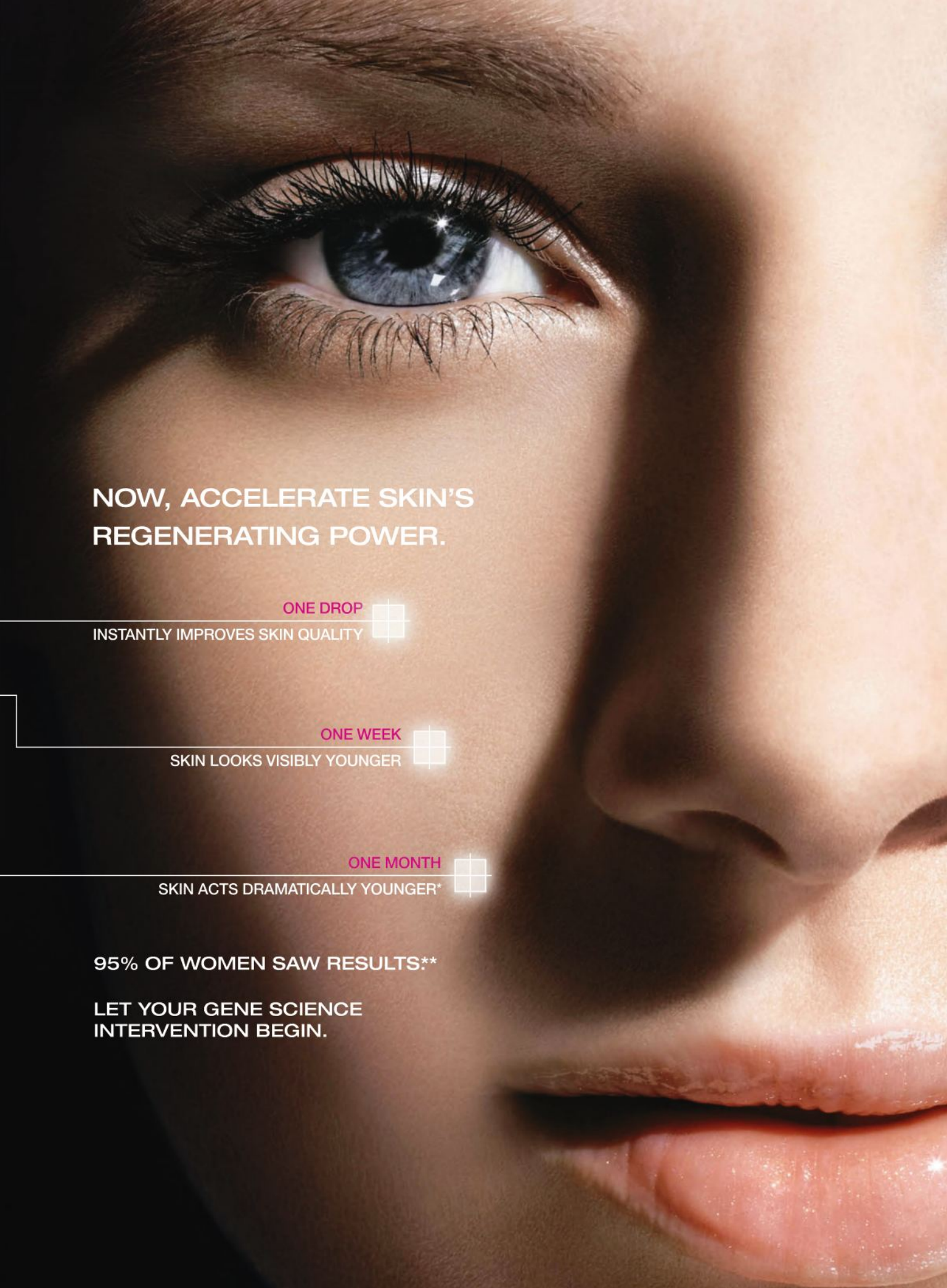
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"It contains antioxidants, which help the sunscreen ingredients protect skin better. And the formula is super-lightweight, so my patients love it because it doesn't leave a white film on the face." Another good lightweight option: Neutrogena Ultra Sheer Liquid Sunblock Fluid SPF 55, \$11.99, which uses Helioplex, one of the most effective sunscreens available.

P.M. Begin with a retinol treatment. Prescription retinoids such as Retin-A can sometimes be too harsh for African-American skin (especially for sensitive types), so Roberts recommends a gentler over-the-counter product with retinol instead. "It kicks up collagen production, breaks up spots, and even helps to control oil—without upsetting the pigment in dark skin," she says. Her pick: RoC Retinol Correxion Deep Wrinkle Night Cream, \$21.99.

Next, layer on a peptide-rich moisturizer. African-

American skin starts to get lax around age 50, so Roberts relies on peptides to preemptively protect from sagging. She likes Olay Professional Pro-X Hydra Firming Cream, \$42.

FOR EXTRA HELP: Try microdermabrasion. This deep exfoliating treatment, performed either in a spa or a dermatologist's office, uses a crystal- or diamond-tipped wand to buff away the outermost layer of skin.

"It's fantastic for African-American skin because it tackles spots and unevenness, softens lines, and decreases pore size, but the pressure of the wand is *very* gentle, so it won't trigger melanin production," Roberts says.



Wendy Roberts, M.D., is a dermatologist in Rancho Mirage, CA.

asian



tends to be more reactive than other types, so a soap-free cleanser is best," says Cheung, who likes Origins Clean Energy Gentle Cleansing Oil, \$19.50, for oily skin (which sounds counter-intuitive, but oil breaks down excess face oil—really!), and CeraVe Hydrating Cleanser, \$11.99, for dry or combination skin.

This skin type produces more melanin than Caucasian skin when it's exposed to the sun (true even for very fair Asians), so brown spots are typically the first sign of aging, appearing around the early 30s.

"Because our skin is often light-colored, the spots can be really obvious," says Jessie Cheung, an assistant professor of dermatology and codirector of cosmetic dermatology at Rush University Medical Center in Chicago. The other big concern: "Our bone structure is flatter than that of other ethnicities, so our faces start sagging earlier," she says.

YOUR ANTI-AGING REGIMEN

Twice a day: Use a non-foaming cleanser. "Asian skin

A.M. Layer on an antioxidant serum. "Antioxidants are essential, and a serum form is less likely to irritate touchy Asian skin than a cream one," says Cheung. Her favorite antioxidant is coffeeberry—"it's *incredibly* potent"—and she recommends RevaléSkin Intense Recovery Treatment, \$130, which contains one of the highest concentrations of the stuff. Apply it under moisturizer and sunscreen.

P.M. Use a retinol treatment. "This helps to shed spotty skin," says Cheung, who recommends Avène Rétrinal+ .05 cream, \$61. If your skin is irritated by retinol—or if you have just a few lone spots—use a dark spot treatment, which breaks up pigment and slows melanin production. Cheung likes Neocutis Perle Skin Brightening Cream,

From left: Olay Professional Pro-X Hydra Firming Cream, \$42; RoC Retinol Correxion Deep Wrinkle Night Cream, \$21.99; Ambi Even & Clear Daily Moisturizer SPF 30, \$9.99; La Roche-Posay Anthelios SPF 60 Ultra Light Sunscreen Fluid, \$29.50.



From left: Origins Clean Energy Gentle Cleansing Oil, \$19.50; Philosophy The Microdelivery Multi-Use Peel Pads, \$55 for 100 pads; CeraVe Hydrating Cleanser, \$11.99; Neocutis Perle Skin Brightening Cream, \$95.



\$95, which has Melaplex, an ingredient she calls “one of the most powerful brighteners available, and a safe alternative to hydroquinone.” Another good option: Physicians Formula Dark Spot Corrector & Skin Brightener, \$18.97, which uses soy to even skin. Dab either product on spots every night with a cotton swab.

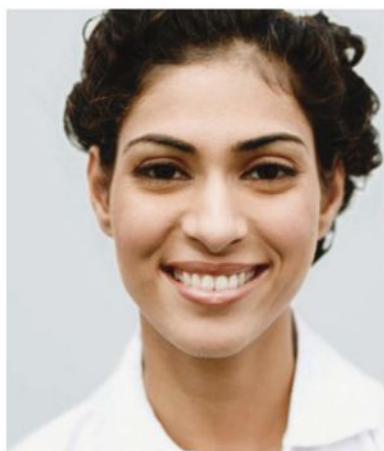
A few times a week: Do a gentle at-home peel. Exfoliating regularly helps to combat age spots, and Cheung says a peel is best, “because if you excessively scrub Asian skin, it can react by producing even more melanin.” Try Philosophy The Micro-delivery Multi-Use Peel Pads, \$55 for 100 pads, up to three times a week. “They contain lactic acid, which gently dissolves dead cells and makes it virtually impossible to overdo it,” she says.

FOR EXTRA HELP: See your dermatologist for an in-office peel or one to two laser treatments (such as IPL or Fraxel). “If you have spots all over your face, either of these treatments can get rid of them almost entirely,” says Cheung. If sagging is a problem, “creams can only help to tighten lax skin—they can’t fill in lost fat or lift big drooping areas,” she says. For those issues, Cheung suggests a filler injection such as Radiesse or Sculptra.



Jessie Cheung, M.D., is a dermatologist in Chicago.

indian



Indian women’s skin tends to remain wrinkle-free well into their 40s, even their 50s, and they don’t experience much sagging. But starting in their 30s, they’re grappling with dark under-eye circles and two issues that, while not usually considered signs of aging, tend to creep up for this ethnicity: acne and facial hair. And the mere act of treating the latter two problems can set off new ones. “Indian skin is very prone to irritation,” says Kavita Mariwalla, an assistant professor of dermatology at State University at Stony Brook in New York. So picking at a blemish or waxing facial hair may leave dark spots and scars that don’t fade for *years*.

YOUR ANTI-AGING REGIMEN

Twice a day: Use a gentle, pre-moistened face wipe. “Indian skin can get extremely dry, especially in the winter,” says Mariwalla. “When this happens, we get little white or brown patches on our skin—a condition known as dyspigmentation. A facial cloth can help prevent this because it’s less drying than rinsing with water.” She likes Garnier Refreshing Remover Cleansing Towelettes, \$5.99.

A.M. First, put on a kojic-acid serum. “This ingredient helps to lighten dark spots without causing irritation,” says Mariwalla. Her favorite is La Roche-Posay Mela-D Serum, \$58. “It has both kojic acid and lactic acid—a spot-fighting combo that works really well on sensitive Indian skin.”

Follow with a moisturizer containing salicylic acid. “Our pores get clogged easily, which leads to acne,” says Mariwalla. “Salicylic acid exfoliates pores gently, which is key for our reactive skin, and it helps prevent ingrown hairs from waxing or tweezing facial hair.” Her pick: Vichy Normaderm



Kavita Mariwalla, M.D., is a dermatologist in New York.



Triple-Action Anti-Acne Hydrating Lotion, \$22.50.

P.M. Use a retinol treatment diluted with a rich moisturizer. “Retinol is a must for building collagen, but used daily on Indian skin, it can cause dryness and peeling,” says Mariwalla. “Instead, use your retinol product only two to three times a week, and mix it in your hand with equal parts moisturizer first.” Try Peter Thomas Roth Retinol Fusion PM, \$65.

And if you get a pimple, don’t try to zap it with benzoyl peroxide. “It can leave a dark mark on brown skin,” says Mariwalla. She prefers a natural antiseptic like The Body Shop Tea Tree Oil, \$9.

FOR EXTRA HELP: Consider Restylane injections. “These can really help with the stubborn dark circles that Indian women often get. The circles, which are often caused by leaking capillaries, tend to look darker and more obvious on brown skin,” says Mariwalla. “The injections plump the skin so you don’t see the discoloration as much.” **B**



From left: Garnier Refreshing Remover Cleansing Towelettes, \$5.99; The Body Shop Tea Tree Oil, \$11; Peter Thomas Roth Retinol Fusion PM, \$65; Vichy Normaderm Triple-Action Anti-Acne Hydrating Lotion, \$22.50.



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4 ways to kid-proof your health

Open wide,
Mama!
Here come
my scraps.

Being a mom comes with health benefits—lots of feel-good oxytocin from the cuddles, a reduced risk of breast cancer (really)—but a new study from the University of Minnesota Medical School pointed out some sneaky health traps mothers can fall into, too. Avoid them with this expert advice.

HEALTH TRAP #1: You clean your kid's plate. “Calories add up quickly—the moms in our study easily took in 300 more calories per day than women without kids,” says study author Jerica Berge, Ph.D. “That could just be two leftover chicken nuggets.” Repeat after us: We are not human garbage disposals! Don't feel bad about tossing your kid's uneaten leftovers if they can't be saved for another day.

HEALTH TRAP #2: Stress is your co-parent. Your many roles—chauffeur, nurse, mediator—can leave you frazzled. And chronic stress lowers your defenses against germs and viruses, and may increase your risk of depression, says Berge. So take some time to mother yourself.

“We need to fit in self-care, even if it's just taking a shower with the door locked or getting a manicure,” Berge says. You could also squeeze in a little bit of exercise each day—even 20 minutes of yoga or walking can be a near-instant anxiety-buster!

HEALTH TRAP #3: You've replaced sleep with sugar.

In her study, Berge found that moms drink more sugary beverages than women who don't have kids. Why? It may be because sweetened drinks are around the house, and when you're exhausted, you use them to fuel up. If you need a jolt, switch to antioxidant-rich green tea instead.

HEALTH TRAP #4: Your kids are little germ bombs.

A Harvard University study proved it: Researchers found that the flu spread faster in neighborhoods with the most kids. Clearly, washing your hands and teaching your kids to do the same is imperative. But all of the other fixes on this list will let viruses and bacteria know who's boss too. “The immune system is stronger when you're eating right and exercising,” says Berge. —AMY LEVIN-EPSTEIN



Don't let your teen drive tired

If your high schooler stayed up late studying for a test (or texting a crush), don't let him or her get behind the wheel. A recent study found that teens who attended Virginia high schools with a 7:25 a.m. start time got in 41 percent more car crashes than those in a neighboring city whose schools start 80 minutes later. Study author Robert Vorona, M.D., attributes the findings to the fact that teens need about nine hours of sleep each night—but research shows that only about

20 percent of them get that much. Plus, the circadian rhythms of teens are different than other age groups', making them naturally want to stay up (and wake up) later. It's no wonder, then, that an extra hour in the morning makes such a difference. Because well-rested kids also tend to perform better academically, some school districts are rethinking their start times. Meanwhile, Vorona offers this practical advice: "If your teen is overtired, offer to drive him or her to school." —MALIA GRIGGS

ASK THE DOCTORS

Skin tags

Q Is there any way to remove a skin tag for good?



Andrew Ordon, M.D., is a board-certified plastic surgeon and cohost of the syndicated talk show *The Doctors*. Check local listings for showtimes.

Send your health questions to askthedoctors@redbookmag.com.

A Yes, but don't try to do it yourself! Some people pick at them or snip them off at home, but if you've ever tried it, you know that they bleed like crazy. Plus, that can cause infection and scarring—and if you don't remove the entire tag, it can simply grow back. Instead, have a dermatologist or plastic surgeon take it

off safely and permanently. Because some types of skin cancer look similar to skin tags, your doctor may also want to send it for analysis. That said, most skin tags are benign and are usually caused by skin chafing (often on the neck or armpits) or by the hormonal changes that happen during pregnancy. So you don't need to rush to have them removed, but you shouldn't D.I.Y. either.

How to get well (not worse) in the hospital

Hospitals and ERs can be shockingly unhealthy places, says Joe Graedon, co-author of the new book *Top Screwups Doctors Make and How to Avoid Them*. Mistakes are scarily common: One intensive care unit that tracked its errors found that staffers made an average of 1.7 missteps per patient per day. You can make the difference by following this advice if you or anyone you love is hospitalized.

■ **INSIST ON CLEAN HANDS (AND EVERYTHING ELSE).** An estimated one in 20 patients picks up an infection at the hospital. The best way to protect yourself? Ask everyone who comes in contact with you, even visitors, to wash his or her hands before touching you. "On average, doctors really only wash up between patients about a third of the time," says Peter Pronovost, M.D.,

author of *Safe Patients, Smart Hospitals*. You can also request that stethoscopes and blood pressure cuffs, as well as bed rails and the TV remote, be



disinfected with a wipe, says Graedon.

■ **DON'T BE AFRAID TO SAY "NO."** Patients often don't realize that they have the right to question and even refuse treatments while in the hospital. If a nurse hands you or your kid some mystery pills, or says it's time to put in an IV and you don't understand why it's needed, feel free to put on the brakes, Graedon says. It could

be an unnecessary intervention, and all drugs and procedures come with possible risks and side effects.

■ **DOUBLE-CHECK PRESCRIPTIONS.** If you leave the hospital with a prescription, make a copy of it before getting it filled, Graedon says. The average pharmacy fills four out of 250 scripts incorrectly each day.

—CHRISTINE RICHMOND



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You faithfully slather on the sunscreen and get your fill of antioxidants, but when it comes to aging, your face is only part of the story. Hair needs the same preventive TLC to stay soft, hydrated and youthful. So what's the best way to care for fragile strands? Industry insider **Robert Cromeans** answers the biggest questions about how you, and your hair, can age gracefully.

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■ *Are there any at-home strategies to help restore and protect my hair?*

What you use at home is just as important as what you get in the salon. The best solution for combating aging and thinning hair is an at-home hair care regimen like **Awapuhi Wild Ginger®**, which fortifies the hair, giving it strength and protection from further damage.

■ *Any styling tips for women over 30?*

Work with your natural texture. Embrace your waves and enhance

them with **Awapuhi Texturizing Sea Spray™**. Spray damp hair, then twist small sections around your fingers. Let air-dry and tousle for an easy, beachy effect. If you must use a blow-dryer, try adding a boost of volume and hydration with **Awapuhi HydroCream Whip®**. Ditch your smoothing iron and play up the soft body this product creates. A thorough application is most important—comb through to ensure all hair strands are saturated.



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■ *What's the secret to a salon-quality blow-out at home?*

Apply a styling product from root to tip that fights frizz, hydrates and volumizes. Blow-dry two-inch sections at a time, using the nozzle attachment on your dryer and a good-quality round brush. Try **Awapuhi HydroMist Blow-Out Spray™** for the perfect blow-dry prep—it infuses hair with moisture without weighing it down, leaving you with a silky, long-lasting style.

■ *What styling tool should every woman have?*

A professional blow-dryer is a must. I recommend the **Paul Mitchell Express Ion Dry®**. It dries hair up to 60% faster so your fragile locks will spend less time



under the heat. Invest in a thermal round brush and a high-quality boar bristle smoothing brush.

■ *What is the most common mistake women make when it comes to their hair?*

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MAN MEDICINE

My husband and I are both on diets, but he's dropping pounds much faster than I am. What gives?

It's unfair, but it's true: Men have a much easier time losing weight than women. Blame it on our different body compositions—men have more muscle mass and about 10 percent less body fat than women, and muscle burns at least twice as many calories as fat, even when you're just sitting around. In fact, a recent study found that men naturally burn 37 percent more calories per day through movement than women. Plus, there's some evidence that female hormones, estrogen in particular, encourage our bodies to store food as fat. The bottom line? Try not to compete with your husband. You're both taking an important step for your health—you're just moving at different paces.

—Julie Roth, M.D., is an internal medicine physician at Northwestern Memorial Hospital in Chicago

APPS TO KEEP THE WHOLE FAMILY HEALTHY

Given that an estimated 15,000 health-related apps were introduced this year alone, it's nearly impossible to figure out which ones are worth downloading (after all, you've got Angry Birds to play). So we turned to the experts: These are the *real* must-haves.



KIDSDOC (\$1.99) Doesn't it always seem like your kid gets sick when the doctor's office is closed? This app by the American Academy of Pediatrics lets you compare your child's symptoms to photos of ailments and helps you determine whether you should go to the ER, wait a day to call your pediatrician, or simply treat the problem yourself (the app provides reassuringly detailed instructions on exactly how to do so).

LOSE IT! (free) Enter your weight-loss goals and Lose It! determines the daily calorie budget you need to slim down.

LEFT: GEORGE DOYLE/GETTY IMAGES. FAR RIGHT: RADIUS IMAGES/GETTY IMAGES. APP ICONS: COURTESY OF MANUFACTURERS.



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Plug in the foods you eat and the exercise you get each day and the app will calculate the calories you've eaten and burned. (It's easy, since Lose It! has a vast database of both.)

SMOKELESS (\$0.99) Got a puffer in the family? This app delivers motivating messages to your phone, tracks how long you've gone without a cigarette, reminds you how much money you've saved, and even tells you about the healthy changes that are happening in your body. A recent study found that smokers who receive these types of messages are twice as likely to quit as those who don't.

ITRIAGE (free) Look up your symptoms on an interactive body map, or scroll through a database of diseases to find out, say, what the symptoms of a concussion are. iTriage also uses GPS technology to search for nearby doctors and clinics.

—KATE BONGIOVANNI

ONE LESS THING TO WORRY ABOUT:

Kids who are allowed to eat candy *don't* get fatter



In fact, a recent Louisiana State University Agricultural Center study found that children and teens who eat candy are at least 22 percent *less likely* to be overweight or obese than those who don't touch the stuff—despite the fact that they take in more calories and sugar. A possible reason, says study author Carol O'Neil, Ph.D., is that candy-eaters are also more active and have a well-rounded diet. "They enjoy candy, but they could also be doing a better job balancing calories in with calories out," she says. O'Neil isn't suggesting that candy is a superfood, of course, but don't sweat it if your trick-or-treater wants seconds.

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LAZY WOMAN'S FITNESS



THE BETTER-THAN-NOTHING ARM WORKOUT

Lugging groceries out to your car and into your house is practically a form of weight lifting already—so why not really target your biceps while you're at it? This simple move from Lisa Druxman, founder of Stroller Strides, can help you get toned, sexy-mom arms. No wings on you!

A Hold your grocery bags like you would a pair of dumbbells: palms facing up and elbows at your sides.

B Keeping your elbows in and at your waist, slowly lift the bags toward your shoulders. Do as many as you can, then rest and do a few more.

→ BONUS MOVES TO DO ANYTIME

You can turn just about any moment into a better-than-nothing workout. Try one of these simple upgrades the next time you're driving or trudging upstairs.

THE #1 MOVE FOR A FLAT BELLY



The fastest way to a taut tummy isn't a pill or some as-seen-on-TV contraption. It's a simple move you probably already know how to do: the bicycle. A study ranked it the most effective ab exercise because it activates muscles on the front and sides of your belly and makes them work two to three times harder than a standard crunch. A how-to reminder: Lie on your back with your knees bent, feet lifted, and hands behind your head. Extend your right leg while lifting your shoulder blades off the floor, bringing your left knee into your chest, and twisting your right armpit toward your left knee. Pause, then switch sides. Do two sets of 15 reps, three times a week. —MARIDEL REYES



Turn a stroll into a workout by clenching your cheeks (yes, the ones under your skirt!).

YOU'RE WALKING

→ Increase your pace, tighten your glutes and abs, and pump your arms, suggests Ramona Braganza, who trains stars like Jessica Alba. You might look a little dorky, but you'll burn 40 extra calories in 30 minutes!

YOU'RE DRIVING

→ At every red light, imagine you're zipping up a pair of snug jeans: Squeeze your lower abdominal muscles and draw your belly button in and up, tightening your whole stomach from the pubic bone upward. "This engages the transverse abdominals, which helps sculpt and flatten your stomach," says Los Angeles-based Pilates instructor Jillian Hessel.

YOU'RE CLIMBING THE STAIRS

→ Grab the railing and take the steps two at a time, pushing down through your heels. This works your legs and butt extra hard—and if you climb stairs several times a day, it can add up to major calorie burn, says kinesiologist Stephen M. Roth, Ph.D.

YOU'RE TYPING AWAY AT YOUR COMPUTER

→ Take a three-minute break every hour and walk around. It sounds simple, but by getting out of your chair, you'll engage your muscles and improve blood flow, helping to boost your metabolism, says Roth.

—JAMIE BECKMAN

WORKOUT: PHOTOGRAPHED BY DAVID A. LAND. MAKEUP: BELINDA ZOLLO FOR KATE RYAN. STYLIST: ELSA ISAAC. BLAZER: RACHEL ROY. JEWELRY: HELEN FICALORA. PROP STYLING: KAREN OLSON FOR THE MARNIE ROSE AGENCY. AB WORKOUT: JUMP! PHOTO: STEWART SHINING/ART-COMMERCE.

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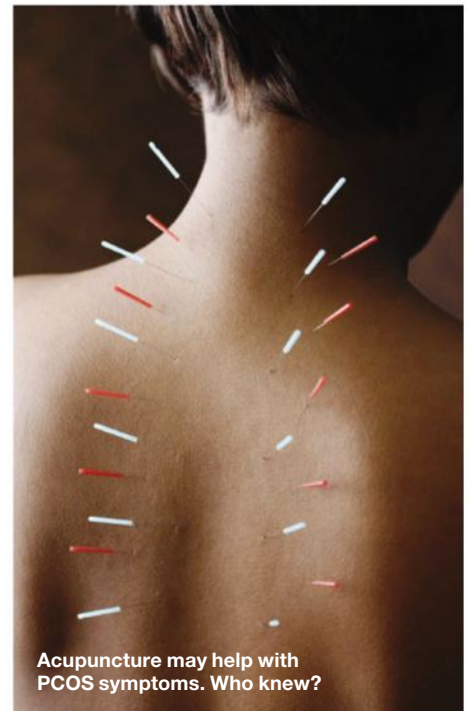
Dr. Hutcherson is an ob/gyn and a professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.

Q *All of a sudden, my guy isn't lasting as long as he used to during sex. I don't want to embarrass him, but is there anything I can do to help?*

A Have you been going a lot longer between sex sessions? Often men will climax faster if it's been a while. If not, have a conversation with him—most men really do want to know whether or not they're pleasing their partners. Plus, it could be a sign that something's up with his health. Anxiety, fatigue, depression, and certain medications can all cause premature ejaculation, so he may want to see a doctor for an evaluation. Meanwhile, the two of you can help hold his horses by using condoms, choosing positions where the stimulation is more gentle for him (such as woman-on-top), and periodically just stopping to cool off. Another option is to delay intercourse until you're either close to an orgasm or just had one, so sex is more satisfying for you.

Q *Are there any non-drug treatments for polycystic ovarian syndrome?*

A Yes, definitely. The best way to reduce symptoms of PCOS—a hormonal imbalance that can lead to hypertension, diabetes, and infertility—is to maintain a healthy weight. Unfortunately, one of the symptoms of PCOS for some people is difficulty losing pounds! Many patients are put on the diabetes medication Metformin to help with that, and the Pill to control other symptoms like acne and facial-hair growth. If you don't want to take meds, a recent study showed that electro-acupuncture may help by making menstrual periods more regular and lowering levels of testosterone. The same study also found that exercising just a few days a week improved things too, mostly by promoting weight loss and regulating insulin levels.



Acupuncture may help with PCOS symptoms. Who knew?

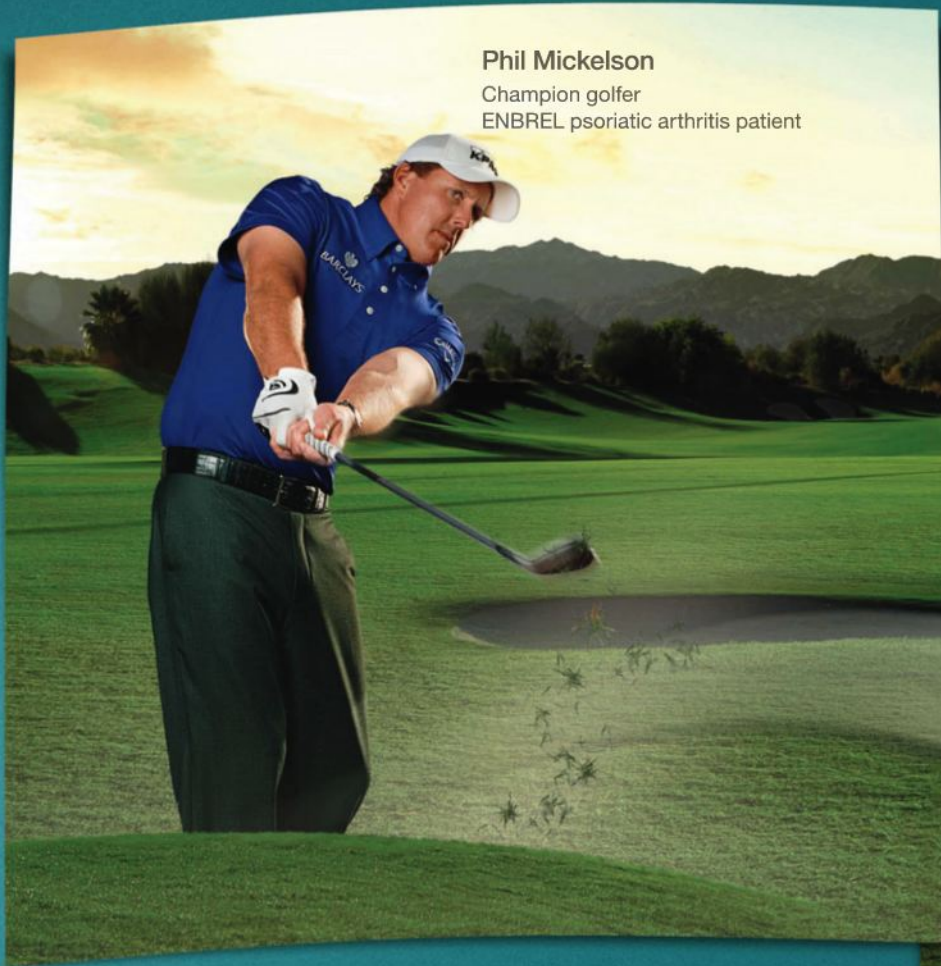
CASE HISTORY

THE PILL MADE HER FEEL CRAZY

Birth control-related freak-outs are, unfortunately, more common than you might think. I remember one patient of mine in particular, who asked for oral contraceptives—then, after taking them for two months, realized that she was becoming very... volatile. (Actually, she said her boyfriend noticed first.) She would burst into tears for no apparent reason, was short-tempered, and was generally difficult to get along with. She came to see me again, and I switched her to a pill with less estrogen and a different progestin. That is often enough to do the trick, but for her, the anger, depression, anxiety, and moodiness got worse. So we decided to take her off hormonal birth control altogether and go with a copper IUD instead. Within two months, her cranky, teary symptoms disappeared. It's strange: Birth control pills often help premenstrual syndrome (PMS) and the mood changes that come with it—but for some women, they do the opposite. If you take the Pill and always feel on edge, ask your doctor about nonhormonal options.

If you have psoriatic arthritis or moderate to severe rheumatoid arthritis

“Don’t let joint pain keep you from



Phil Mickelson

Champion golfer

ENBREL psoriatic arthritis patient

ENBREL is the #1 prescribed biologic by rheumatologists. ENBREL is also approved for adults with moderate to severe rheumatoid arthritis (RA). At six months, ENBREL was shown to be effective in about 50% of psoriatic arthritis patients who used it.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with psoriatic arthritis. ENBREL can be used in combination with methotrexate in patients who do not respond adequately to methotrexate alone.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system

to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions

- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes, HIV, or a weak immune system
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live, have lived in, or traveled to certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis.

the things that matter most." *Phil Yuh*



"In the summer of 2010, I experienced intense joint pain and had trouble walking. My rheumatologist diagnosed me with psoriatic arthritis and prescribed ENBREL, a medicine that can relieve pain and stiffness, improve physical function, and help stop joint damage from worsening. Now I'm back to doing the things I love."

Your results may vary.

Ask your rheumatologist if ENBREL may be right for you, if you have joint pain, stiffness, or swelling, and think you may have psoriatic arthritis or RA. Call 1-888-4ENBREL or visit www.enbrel.com. Prescription ENBREL is taken by injection.



These infections may develop or become more severe if you take ENBREL. If you don't know if these infections are common in the areas you've been to, ask your doctor

- Have or have had hepatitis B
- Have or have had heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have, have had, or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery

- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.

- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: New **infections** or worsening of infections you already have; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**;

autoimmune reactions, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache. These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see accompanying Medication Guide on the next page.

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Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See "What is the most important information I should know about Enbrel?")
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
 - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
 - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
 - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
 - ✓ all vaccines should be brought up-to-date before starting Enbrel.
 - ✓ people taking Enbrel should not receive live vaccines.
 - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
 - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
 - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

See the section "What are the possible side effects of Enbrel?" below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See "What is the most important information I should know about Enbrel?" and "What are the possible side effects of Enbrel?"

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
 - Single-use Prefilled Syringe
 - Single-use Prefilled SureClick Autoinjector
 - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular(s) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See "What is the most important information I should know about Enbrel?"

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See "Before starting Enbrel, be sure to talk to your doctor" for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver),

the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.

- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
 - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
 - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine v5

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There are no dumb **questions** about breast cancer

No matter how many health headlines you've read, chances are you still have an unanswered question or two about breast cancer. These readers sure did—and we can *all* learn from the answers here. By Richard Laliberte

Q

Let's say I find a breast lump. What are the chances of it being cancer? —Jennifer Staib, Allentown, PA

Not very high, you'll be happy to know. "If you're premenopausal, most lumps are benign and caused by hormonal fluctuations—so the chance it's cancerous is only about 10 percent," says Susan Love, M.D., professor of surgery at the University of California, Los Angeles, and president of the Dr. Susan Love Research Foundation. After menopause, however, hormones stabilize and the odds of a mass being a true abnormality are much greater: "If you find a lump then, it's about 50-50 that it's cancer," Love says. No matter what the odds, though, the experts we spoke to said women of all ages should get *any* lump checked by a doctor.

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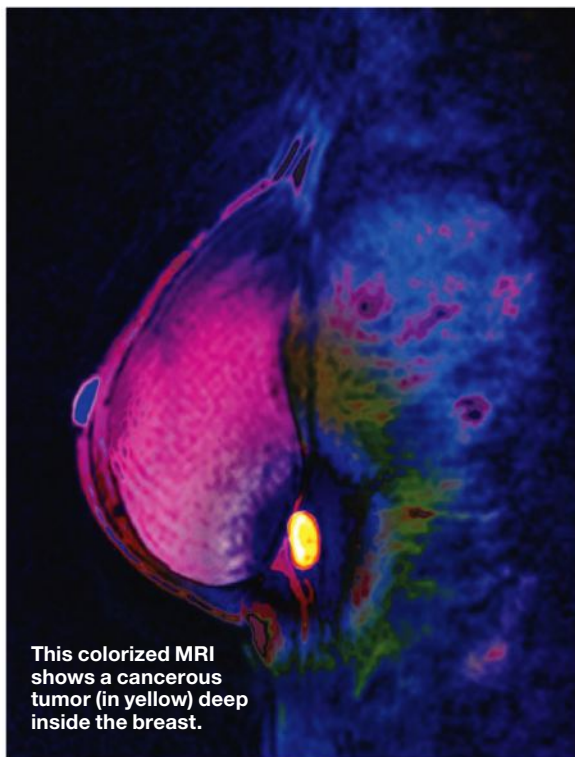
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This colorized MRI shows a cancerous tumor (in yellow) deep inside the breast.

Q How do you tell the difference between “suspicious” lumps and “miscellaneous” lumps? What does cancer *feel* like?
—Kathy Harris, Shaker Heights, OH

Benign cysts—fluid-filled sacs that can swell and shrink with your menstrual cycle—may feel squishy. Fibroadenomas, another common benign lump, are usually small, round or oval, and hard, like marbles. (Women with fibrocystic breasts may have many of these lumps.) But the way cancer feels varies a lot, says Therese Bevers, M.D., medical director of the Cancer Prevention Center at the University of Texas M.D. Anderson Cancer Center in Houston. It can be hard and knotty (like tiny pieces of coral), feel like a pea or a series of pealike nodules, or feel more like a vague mass that’s a different texture from the rest of your tissue. Inflammatory breast cancer may not be a lump at all and can look more like a skin rash or an infected bite. “I never had a lump,” says Jenna Glazer, director of development for the Young Survival Coalition, who had a rare form of breast cancer called Paget’s disease. “My main symptom was more like dryness on the nipple, which didn’t seem normal to me.” Other possible cancer signs include skin dimpling, a retracted nipple, or discharge. “If you notice *any* change, you need to contact your doctor,” Bevers says. “The fact that it looks different or feels different is more important than exactly how a lump is shaped.”

Q Does social drinking (say, having several drinks every weekend) really raise my risk?
—Joyce Hanz, Pittsburgh

A lot of open questions remain about alcohol and breast cancer, including why drinking would encourage cancer growth, but the increased risks do appear to be real. One major study, for example, suggests that consuming two drinks a day over a seven-year period boosts risk of certain types of breast cancer by 34 percent. So if you drink, experts advise keeping it to an average of one or fewer drinks per day. “But if you’re drinking moderately and have a couple of margaritas one night when you haven’t had much the rest of the week, that fits in with what we think is reasonable,” Bevers says.

Q I’ve heard that a blow to the breast can lead to cancer. True?
—Holland Utley, Yonkers, NY

No, injury to the breast hasn’t been linked to cancer, Bevers says. But it can produce hardened areas of tissue that may look and feel alarming to you. Remember, it’s smart to get any and every lump checked.

Q If I’m over 40 and taking birth control pills, do I run a greater risk of breast cancer?
—Leslie Levine, Montclair, NJ

No matter what your age, exposure to reproductive hormones such as estrogen (especially combined with progestin, like in most birth control pills) does slightly increase your risk of breast cancer. “These risks are very small when you’re young and most likely to be on birth control,” Bevers says. In women over 40, as breast cancer risks in general begin to rise, being on the Pill might boost the average 12 percent lifetime risk of getting breast cancer to around 15 percent—but this added risk disappears about five years after quitting hormonal contraception. “The risks have to be balanced against the benefits you get from the Pill, but after 40, you might consider alternative methods of birth control, such as a nonhormonal IUD, or your partner getting a vasectomy,” Bevers says.



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Q What's the best way to screen for breast cancer: mammograms, MRI, sonogram? I've heard such conflicting things. —Christine Nichols, Cypress, CA

The best technology depends on your age, risks, and breasts. The trend now—and it's a good one—is to tailor screenings to each woman's individual profile, says Love. So sit down with your primary care doctor or ob/gyn and ask if he or she feels comfortable coming up with a screening plan for you, Love says; if not, it may be because he or she doesn't feel sufficiently up-to-date on the latest research, so consider seeing a breast health specialist. Whatever type of screening you and your doctor decide upon, try to get all your imaging done by the same radiologist from year to year, advises Mary Disis, M.D., an oncology

professor at the University of Washington. "It's important to have continuity over time, which can help your doctor correctly interpret the images," she says. Now, the basics on the three most common screenings:

Mammogram: Every woman should get a mammogram at age 40, to establish a baseline image that later ones can be compared with, says Love. After that, average-risk women will likely get screened with mammography every one to two years, starting between the ages of 40 and 50.

Magnetic Resonance Imaging (MRI): Women under 40 tend to have

denser breast tissue that makes it more difficult for a mammogram to detect cancer. So high-risk younger women may want to request screening with a more sensitive test, such as MRI. Why not use MRI on everybody? It would be overkill: "MRIs are so sensitive that they're more likely to find noncancerous lumps and cause unnecessary fear and biopsies," says Silvia Formenti, M.D., radiation oncology chair at New York University's Clinical Cancer Center.

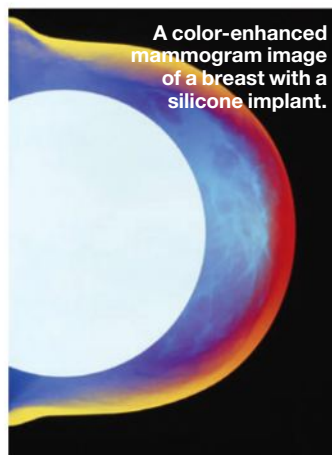
Sonogram/ultrasound: These tests are usually reserved for further investigating an abnormality once it's been discovered.

Q My mother's breast cancer was found at 54, and her mom had it at 59. I know that means I'm at risk too, but does the fact that they were so young make it even worse? —Julie Ann Cordero, Washington, UT

"If they were diagnosed at 44 and 49, I would be much more concerned," Bevers says. "When we see breast cancer in women that young, we start to worry about the possibility of a genetic mutation like BRCA. If you had that, it would put you at a 50 to 80 percent risk of getting breast cancer." In general, having a parent or sibling who developed breast cancer doubles a woman's chances of getting the disease. Pay attention to your father's side of the family as well: Genetic abnormalities could be passed down by either parent, and male breast cancer is a big red flag.

Q Do breast implants cause cancer, or make cancerous lumps harder to find? —Melinda Schnarre, Richmond, KY

"There's no evidence that implants cause cancer," says Formenti. They may, however, block a mammogram's view of a tumor, making it necessary to take more screening images or get an MRI. After standard images are done, a set of "pushback" mammograms are usually taken, with the implants maneuvered out of the way. If you've had augmentation surgery, ask how much experience your radiologist has had with implants. "Go to a center where they're used to dealing with them to make sure they know the right techniques," Love says.



Q Is there any validity to the rumor that breast cancer is caused by antiperspirants? How about the idea that mammograms can cause it? —Shannon Kornis, Milton, FL

Neither is true. There used to be some concern that aluminum, an ingredient in sweat-blocking deodorants, had estrogenic effects and therefore may increase the risk of breast cancer, but that has never been proven, Bevers says. As for mammograms: They use radiation, and radiation exposure can slightly increase the risk of cancer in general, "but if I offered you a free trip from Los Angeles to Paris every year, you'd probably take it. The small amount of radiation you'd be exposed to on that flight would be comparable to what you get during a mammogram," says Bevers. The vast majority of experts agree that any tiny risk from radiation is offset by the benefit of early detection.



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HEALTHREAD

Q Are there foods that contribute to your risk of getting breast cancer, like those with saturated fat? And can eating a lot of red meats be a factor? —Karen Schrock, Bellefonte, PA

Some foods haven't turned out to be as risky as once thought. Fat, for example, appears to be more of a threat when it's *on* your body than when it's in your food. Body fat manufactures estrogen, which is fuel for breast cancer, Disis says. One study found that every 11 pounds gained over your lowest adult weight increases your risk

by 8 percent. With red meat, research has not consistently linked it to breast cancer, but a large study by the National Cancer Institute did find that people who ate the most red meat (beef, lamb, pork, and processed meats like sausage) had higher death rates from cancer in general than those who ate the least.

Q Are there really foods that fight breast cancer? Which ones seem to be strongest? —Glynis Buschmann, Yuba City, CA

A number of foods have shown promise. For example, a 2010 lab study of highly aggressive breast cancer cells showed that substances in blueberries could slow the spread of diseased cells and even cause them to die. A few studies link eating cruciferous vegetables like broccoli, cauliflower, and kale with lower rates of breast cancer. That said, "There isn't definitive evidence that any one particular food lowers your risk for breast cancer," Disis says. Combining healthy foods may hold greater hope—that's one reason cancer experts recommend eating a large variety of fruits and vegetables. Another? "A plant-based diet helps maintain a healthy weight, which is known to be important in lowering breast cancer risk," says Marsha Hakim, a clinical dietitian at M.D. Anderson Cancer Center in Houston.

Your risk-slashing check-list

Between 5 to 10 percent of breast cancer cases are thought to be hereditary. The rest are due to other factors, many of which you can control. These are steps that research suggests can make a difference:

- Maintain a healthy weight.
- Breast-feed: In one study, women at high genetic risk were 45 percent less likely to develop breast cancer if they breast-fed for more than a year.
- Drink in moderation, if at all.
- Get active.

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Q How big a role does exercise play in prevention? If I work out three times a week, does it decrease my risk by some percentage? —Beth Bazar, Orwigsburg, PA

It's hard to quantify, but more than 30 studies in recent decades make it clear that being active does reduce risk. And you don't have to be a workout fanatic: One large study in 2005 found that getting about two hours of exercise per week (including team sports, walking, jogging, hiking, bicycling, aerobics, swimming, or dancing) throughout adolescence and adulthood reduces a woman's chance of getting breast cancer by 20 percent. And research from the Women's Health Initiative, a major government project, has found that 1¼ to 2½ hours of moderate activity a week can reduce risk by 18 percent.

The question we're all asking:

So, where's the cure?

The statistics about breast cancer are as frustrating as they are familiar: Nearly 1 in 8 women will get it at some point in their lives.

Despite decades of research and awareness-building, breast cancer still stubbornly holds its spot as the number-two cancer killer of women (after lung cancer).

No, we haven't beat this thing yet, but the good news is there have been advances—big ones—and more are in the pipeline. Incidence in older women has dropped, likely because fewer women are using hormone therapy after menopause. And in younger women, death rates have been dropping since 1990, probably due to heightened awareness, earlier detection, and better treatments. “We’re not there yet, but we’re making steady but slow progress and gaining knowledge every year,” says Formenti.

The latest findings about breast cancer are leading to treatments and medicines that can be tailored to specific types of cancer. “We used to think that all breast cancers were essentially similar, more treatment was better, and one size fit all,” says Love. “Now we know that there are

several kinds of breast cancer, and they don't all grow in the same ways.”

One recent study, for example, found that three weeks of radiation treatment was just as effective as the standard five- to seven-week regimen in women with early-stage breast cancer. Another insight: Some tumors don't respond to hormone therapy or the drug Herceptin (so-called “triple negative” cancers), so there's no use in giving those treatments to those particular women. But now there are new drugs in the pipeline for these highly aggressive tumors. In a small recent study published in the *New England Journal of Medicine*, one experimental drug called iniparib boosted survival in women with metastatic triple-negative breast cancer who took it with chemotherapy.

There has also been steady progress in developing vaccines that stimulate the immune system to kill breast cancer cells. “We’ve discovered dozens of proteins related to breast cancer that we could prime the immune system to attack, and we’re working on multiple vaccines,” some of which are already in clinical trials, says Disis. “To me, this is one of the most exciting areas of breast cancer research now.”

IMPORTANT SAFETY INFORMATION Continued

Serious and/or immediate allergic reactions have been reported. They include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Tell your doctor or get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

Do not take BOTOX® Cosmetic if you: are allergic to any of the ingredients in BOTOX® Cosmetic (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as Myobloc®, Dysport®, or Xeomin®; have a skin infection at the planned injection site.

Tell your doctor about all your muscle or nerve conditions, such as amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease), myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects including severe dysphagia (difficulty swallowing) and respiratory compromise (difficulty breathing) from typical doses of BOTOX® Cosmetic.

Tell your doctor about all your medical conditions, including: plans to have surgery; had surgery on your face; weakness of forehead muscles, such as trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX® Cosmetic can harm your unborn baby); are breast-feeding or plan to breast-feed (it is not known if BOTOX® Cosmetic passes into breast milk).

BOTOX® Cosmetic contains albumin, a protein component of human blood. The potential risk of spreading viral diseases [e.g. Creutzfeldt-Jakob Disease (CJD)] via human serum albumin is extremely rare. No cases of viral diseases or CJD have ever been reported in association with human serum albumin.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products. Using BOTOX® Cosmetic with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® Cosmetic in the past.**

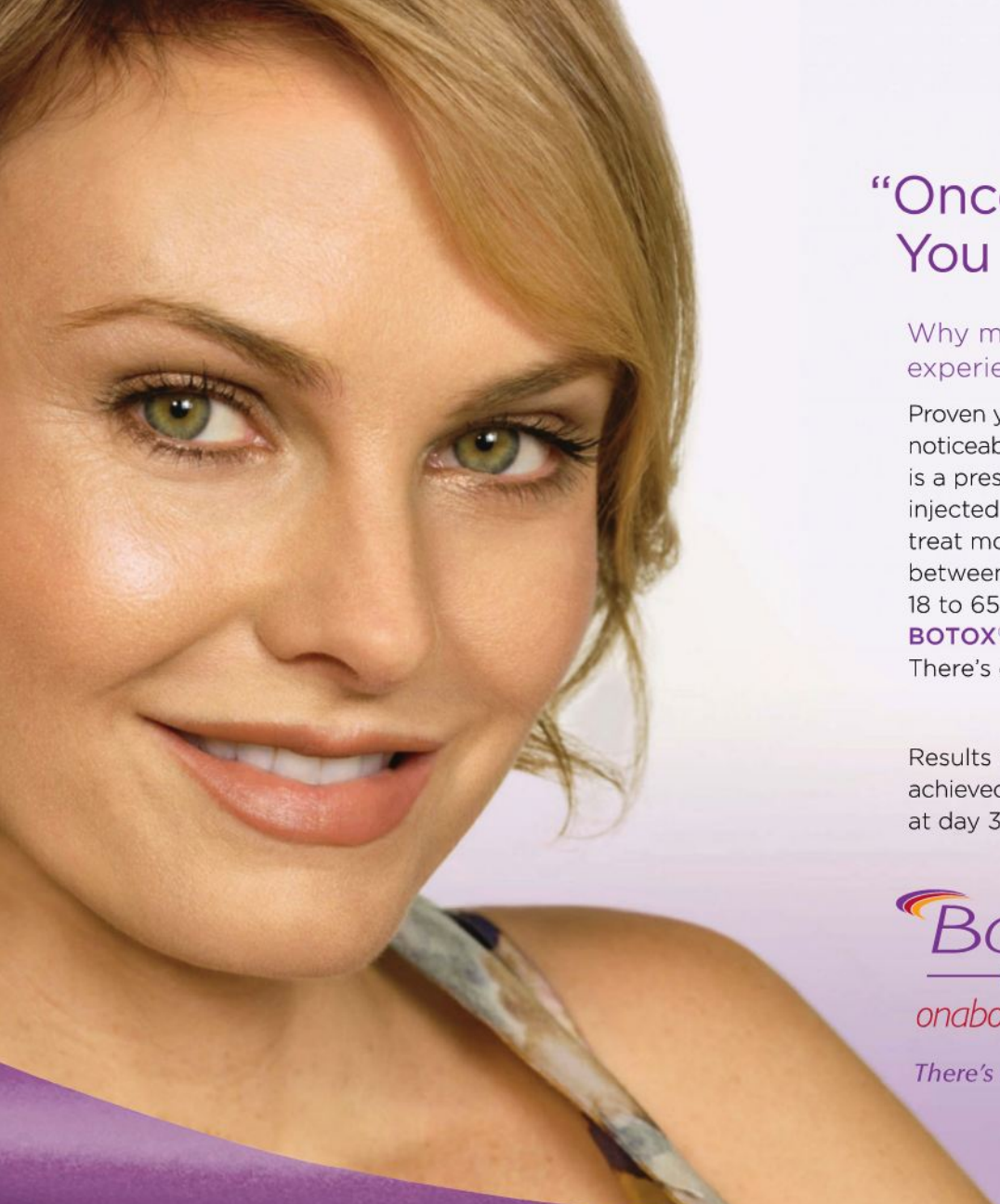
Especially tell your doctor if you: have received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin, such as Myobloc®, Dysport®, or Xeomin® in the past (be sure your doctor knows exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; or take a sleep medicine.

Other side effects of BOTOX® Cosmetic include: dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, and eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes.

For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please refer to full Medication Guide on the following page.



“Once You Get It,
You Really Get It.”

Why millions of women have
experienced **BOTOX® Cosmetic**.

Proven year after year...with real,
noticeable results. **BOTOX® Cosmetic**
is a prescription medicine that is
injected into muscles to temporarily
treat moderate to severe frown lines
between the brows of adults ages
18 to 65. Ask your doctor if
BOTOX® Cosmetic is right for you.
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Results may vary. 8 out of 10 women
achieved clinically significant results
at day 30 in clinical trials.

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IMPORTANT SAFETY INFORMATION

BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX® Cosmetic:

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months.
- **Spread of toxin effects**. The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice (dysphonia), trouble saying words clearly (dysarthria), loss of bladder control, trouble breathing, trouble swallowing. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

The dose of BOTOX® Cosmetic is not the same as, or comparable to, another botulinum toxin product.

There has not been a confirmed serious case of spread of toxin effect when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines.

By prescription only.
1-800-BOTOX-MD

See adjacent page for additional safety information associated with **BOTOX® Cosmetic**

Paid model who has received BOTOX® Cosmetic.

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MEDICATION GUIDE

BOTOX® and BOTOX® Cosmetic (Boe-tox) (onabotulinumtoxinA) for Injection

Read the Medication Guide that comes with **BOTOX®** or **BOTOX® Cosmetic** before you start using it and each time it is given to you. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. You should share this information with your family members and caregivers.

What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems after treatment with BOTOX® or BOTOX® Cosmetic:

- **Problems swallowing, speaking, or breathing.** These problems can happen hours to weeks after an injection of **BOTOX®** or **BOTOX® Cosmetic** usually because the muscles that you use to breathe and swallow can become weak after the injection. Death can happen as a complication if you have severe problems with swallowing or breathing after treatment with **BOTOX®** or **BOTOX® Cosmetic**.
- People with certain breathing problems may need to use muscles in their neck to help them breathe. These patients may be at greater risk for serious breathing problems with **BOTOX®** or **BOTOX® Cosmetic**.
- Swallowing problems may last for several months. People who cannot swallow well may need a feeding tube to receive food and water. If swallowing problems are severe, food or liquids may go into your lungs. People who already have swallowing or breathing problems before receiving **BOTOX®** or **BOTOX® Cosmetic** have the highest risk of getting these problems.
- **Spread of toxin effects.** In some cases, the effect of botulinum toxin may affect areas of the body away from the injection site and cause symptoms of a serious condition called botulism. The symptoms of botulism include:
 - loss of strength and muscle weakness all over the body

- double vision
- blurred vision and drooping eyelids
- hoarseness or change or loss of voice (dysphonia)
- trouble saying words clearly (dysarthria)
- loss of bladder control
- trouble breathing
- trouble swallowing

These symptoms can happen hours to weeks after you receive an injection of **BOTOX®** or **BOTOX® Cosmetic**.

These problems could make it unsafe for you to drive a car or do other dangerous activities. See "What should I avoid while receiving **BOTOX®** or **BOTOX® Cosmetic**?"

There has not been a confirmed serious case of spread of toxin effect away from the injection site when **BOTOX®** has been used at the recommended dose to treat chronic migraine, severe underarm sweating, blepharospasm, or strabismus, or when **BOTOX® Cosmetic** has been used at the recommended dose to treat frown lines.

What are BOTOX® and BOTOX® Cosmetic?

BOTOX® is a prescription medicine that is injected into muscles and used:

- to prevent headaches in adults with chronic migraine who have 15 or more days each month with headache lasting 4 or more hours each day.
- to treat increased muscle stiffness in elbow, wrist, and finger muscles in adults with upper limb spasticity.
- to treat the abnormal head position and neck pain that happens with cervical dystonia (CD) in adults.
- to treat certain types of eye muscle problems (strabismus) or abnormal spasm of the eyelids (blepharospasm) in people 12 years and older.

BOTOX® is also injected into the skin to treat the symptoms of severe underarm sweating (severe primary axillary hyperhidrosis) when medicines used on the skin (topical) do not work well enough.

BOTOX® Cosmetic is a prescription medicine that is injected into muscles and used to improve the look of moderate to severe frown lines between the eyebrows (glabellar lines) in adults younger than 65 years of age for a short period of time (temporary).

It is not known whether **BOTOX®** is safe or effective in patients younger than:

- 18 years of age for treatment of chronic migraine
- 18 years of age for treatment of spasticity
- 16 years of age for treatment of cervical dystonia
- 18 years of age for treatment of hyperhidrosis
- 12 years of age for treatment of strabismus or blepharospasm

BOTOX® Cosmetic is not recommended for use in children younger than 18 years of age.

It is not known whether **BOTOX®** and **BOTOX® Cosmetic** are safe or effective to prevent headaches in patients with migraine who have 14 or fewer headache days each month (episodic migraine).

It is not known whether **BOTOX®** and **BOTOX® Cosmetic** are safe or effective for other types of muscle spasms or for severe sweating anywhere other than your armpits.

Who should not take BOTOX® or BOTOX® Cosmetic?

Do not take **BOTOX®** or **BOTOX® Cosmetic** if you:

- are allergic to any of the ingredients in **BOTOX®** or **BOTOX® Cosmetic**. See the end of this Medication Guide for a list of ingredients in **BOTOX®** and **BOTOX® Cosmetic**.
- had an allergic reaction to any other botulinum toxin product such as *Myobloc®*, *Dysport®*, or *Xeomin®*
- have a skin infection at the planned injection site

What should I tell my doctor before taking BOTOX® or BOTOX® Cosmetic?

Tell your doctor about all your medical conditions, including if you have:

- a disease that affects your muscles and nerves (such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome). See "What is the most important information I should know about **BOTOX®** and **BOTOX® Cosmetic**?"
- allergies to any botulinum toxin product
- had any side effect from any botulinum toxin product in the past
- a breathing problem, such as asthma or emphysema
- swallowing problems

- bleeding problems
- plans to have surgery
- had surgery on your face
- weakness of your forehead muscles, such as trouble raising your eyebrows
- drooping eyelids
- any other change in the way your face normally looks
- are pregnant or plan to become pregnant. It is not known if **BOTOX®** or **BOTOX® Cosmetic** can harm your unborn baby.
- are breast-feeding or plan to breastfeed. It is not known if **BOTOX®** or **BOTOX® Cosmetic** passes into breast milk.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. Using **BOTOX®** or **BOTOX® Cosmetic** with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® or BOTOX® Cosmetic in the past.**

Especially tell your doctor if you:

- have received any other botulinum toxin product in the last four months
- have received injections of botulinum toxin, such as *Myobloc®* (rimabotulinumtoxinB), *Dysport®* (abobotulinumtoxinA), or *Xeomin®* (incobotulinumtoxinA) in the past. Be sure your doctor knows exactly which product you received.
- have recently received an antibiotic by injection
- take muscle relaxants
- take an allergy or cold medicine
- take a sleep medicine

Ask your doctor if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take BOTOX® or BOTOX® Cosmetic?

- **BOTOX®** or **BOTOX® Cosmetic** is an injection that your doctor will give you.
- **BOTOX®** is injected into your affected muscles or skin.
- **BOTOX® Cosmetic** is injected into your affected muscles.
- Your doctor may change your dose of **BOTOX®** or **BOTOX® Cosmetic**, until you and your doctor find the best dose for you.
- Your doctor will tell you how often you will receive your dose of **BOTOX®** or **BOTOX® Cosmetic** injections.

What should I avoid while taking BOTOX® or BOTOX® Cosmetic?

BOTOX® and **BOTOX® Cosmetic** may cause loss of strength or general muscle weakness, or vision problems within hours to weeks of taking **BOTOX®** or **BOTOX® Cosmetic**. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.** See “What is the most important information I should know about **BOTOX®** and **BOTOX® Cosmetic**?”

What are the possible side effects of BOTOX® and BOTOX® Cosmetic?

BOTOX® and **BOTOX® Cosmetic** can cause serious side effects. See “What is the most important information I should know about **BOTOX®** and **BOTOX® Cosmetic**?”

Other side effects of BOTOX® and BOTOX® Cosmetic include:

- dry mouth
- discomfort or pain at the injection site
- tiredness
- headache
- neck pain
- eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes.
- allergic reactions. Symptoms of an allergic reaction to **BOTOX®** or **BOTOX® Cosmetic** may include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint.

Tell your doctor or get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of **BOTOX®** and **BOTOX® Cosmetic**. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about BOTOX® and BOTOX® Cosmetic:

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.

This Medication Guide summarizes the most important information about **BOTOX®** and **BOTOX® Cosmetic**. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about **BOTOX®** and **BOTOX® Cosmetic** that is written for healthcare professionals. For more information about **BOTOX®** and **BOTOX® Cosmetic** call Allergan at 1-800-433-8871 or go to www.botox.com.

What are the ingredients in BOTOX® and BOTOX® Cosmetic?

Active ingredient: botulinum toxin type A
Inactive ingredients: human albumin and sodium chloride

Issued: 10/2010

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS



"Cleaning the house together is a no-go. I'm a perfectionist, so I clean every inch,

toothbrush-in-the-corners-style. She just wants it done!"

—CHAD HABERSTROH, 38,
married to AMY for 13 years

"We can't discuss certain political topics. When they come up, things get heated. I'm Latin, so he says I'm hot as a pistol, but he's Scandinavian-stubborn—he'll never give in."

—SYLVIA GOMEZ, 47,
married to JON for 15 years



"No board games. We're competitive, and I quit

whenever she's ahead. I don't like losing!"

—JOSH VAN VELDS, 25,
married to EMILY for 3 years

"I will not decorate with my husband. His input when we redid our master bedroom resulted in walls painted teal and bright blue. Now, I make the decisions."

—DIANA BROWN, 28,
married to LIONEL for 8 years



"I love to ride horses, but I'll never take her with

me again. She freaked out that she'd fall and get trampled. So much for sharing hobbies..."

—THOMAS STALLWORTH JR., 37,
dating TINA for 6 months

TELL THE TRUTH:
What is
the one
activity you
cannot do
together?

"I just... have to reach... that corner!" Crash.

Sex life road test

KEGELS: YES, THERE'S EVEN AN APP FOR THAT

Sex With Emily's "Kegel Camp" program takes you through the exercises designed to tighten things up down there for hotter sex. Campers start at level 1 and work up to "like a virgin" status (our term, not theirs). Two game readers tested it out for a month and reported back.

Couple #1: P.L.H. and S.L.H., Havre de Grace, MD

"This 'workout' was so easy to stick with—each day's exercises only took two minutes. By the time I reached level 4, my orgasms were stronger, and my husband was able to last longer, since he started trying to control his muscles too. He loved that I was more confident and took more initiative in bed. I'm going to keep at it, because it seems like the more I practice, the better sex gets."

Passion factor: Red hot 🔥🔥🔥

Couple #2: N.S. and B.S., Pueblo, CO

"My doctor suggested I do Kegels after I suffered an injury during childbirth, but I didn't keep up with it. This time around, I set the alarm function on the app to the most annoying sound my iPod makes so I wouldn't ignore it. After only a week, I could feel a difference, and so could my husband. By month's end, he said sex felt as good as it had pre-baby. I should have been doing this ages ago!"

Passion factor: Smoking 🔥🔥🔥



3 risks to take in your marriage

Sometimes it feels like the same marriage advice has been around since Adam and Eve—and you know how that panned out. So for her book *The Secret Lives of Wives*, journalist Iris Krasnow talked to more than 200 married women to see if they follow traditional wisdom. *Um, no*, they said. They stay in love by taking chances like these:

Risk #1: Call a time-out. The happiest couples Krasnow spoke with spent lots of time apart. Gail, who has been married to Stan for 48 years, told Krasnow that taking summers off from each other saved their marriage. "When the kids went to college, I spent some summers alone in Italy taking art classes," Gail said. "I came back totally energized, and the time apart made us appreciate each other more."

Risk #2: Have another man in your life. "A third of the women I interviewed had close friendships with men," says Krasnow. Meeting up with platonic male friends allows us to innocently flirt and experience that rush of newness. "Having a relationship with an attractive male friend who doesn't share your toothpaste-splattered sink—and that your husband is okay with—lets you feel desirable without breaking any trust."

Risk #3: Satisfy yourself. "A lot of people underestimate how important regular orgasms are to a woman's happiness," says Krasnow. In the book, Marilyn, married 30 years, told Krasnow, "All women should [own vibrators]. It takes 30 seconds.... A vibrator also allows you to have a secret life, which everybody should have."



Join me... after you get my ice cream.

IS TRADING SEX FOR FAVORS EVER OKAY?

In a recent poll, 68 percent of REDBOOK readers said they've offered the goodies in return for a good deed from him. The rest of you said it's *wrong*. Both sides sound off:

WHY NOT?

"Sometimes I want sex *and* I want ice cream. Other times I just really want the ice cream, and sex is a good incentive. Either way, we both win!" —DANIELLE BLUE, KALAMAZOO, MI

"I once lifted up my shirt and said, 'Do you ever want to see them again?' so he would vacuum for me. He said he'd do anything I wanted!" —ANNE TRAVIS, MANCHESTER, TN

NO WAY

"That's off-limits for us. Otherwise, you can expect your husband to demand sex in return for doing nice things. No, thank you!" —DIANA BROWN, HOUSTON

"Sexual favors are a special treat—I don't want that to change, and he should know that I'm doing something for him because I *want* to." —CAROLYN CANALES, ARLINGTON, TX



Who's got turkey neck? Not me.

XXXXXXXXXXXXXXXXXXXX

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Clinically-proven to tighten, firm and return youthful neck and jawline contour. Protein tighteners and our patented NIA-114™ take your neck to new heights. Only StriVectin has NIA-114™, our proprietary form of vitamin B3 (Niacin) discovered during skin cancer research and backed by clinical trials, to help renew skin strength. Skin's ability to fight sagging, hold natural collagen and moisture improves. So you see more lift.

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10 shortcuts to wedded bliss

♥ DARLING HUSBAND, I PROMISE...

...to keep mum about all the Hall & Oates tunes on your iPod.

...to overlook the fact that you yawn like Chewbacca.

...that five minutes after I agree to watch a game with you, I will not start asking, "Are you planning to watch the whole thing?"

...to Swiffer your side of the bed the next time you're out of town and I let the dog sleep there.

...not to make you play Peter Pan to my Wendy on Halloween again. You *did* look gay.

♥ DARLING WIFE, I PROMISE...

...that I didn't know how expensive your tweezers were when I used them to pull that mystery clump out of the drain.

...to stop pretending I've forgotten how to fold the towels "the right way" (a.k.a. your way).

...to accept that sometimes when you ask for a massage, you really just want a massage.

...to understand that it's not exactly kosher to say, "How did parents as crazy as yours get a daughter as normal as you?"

...to never again make honking noises as I grab your breasts.



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Very strange ways normal couples sleep

What's that? You and your guy don't lie there locked in a passionate embrace every night? Lisa Freedman finds that plenty of women are ditching spooning for some quality shut-eye.

The first night my boyfriend, Mike, and I slept in the same bed together three years ago, he held me from the time our heads hit the pillows until our eyes opened eight hours later—and even late into the morning, as we put off making coffee to prolong the cuddle. We spent the next few months doing more of the same: going to bed together every night and magically waking up in virtually the same position we started in. But then I took a new job that required me to get up way earlier, and I moved my bedtime up a few hours. I got used to hitting the hay alone. Pretty soon, I was waking up alone too.

There isn't a single reason Mike and I don't sleep together anymore. There are *many* reasons. For starters: I like to be bundled up with as many blankets as possible, and he thinks a paper towel would be too heavy. In my mind, I sleep hugging the edge of the bed, but in Mike's version of the story, I'm smack in the middle. Mike tosses and turns, while I'm knocked out drooling (in an adorable way!) within 10 seconds.

I never asked him to find another place to sleep. In part, his decision to decamp (to the couch; our tiny apartment doesn't have a guest room) came from the guilt he felt for waking me up night after night. But he also realized he slept better alone. Once he figured that out, he began crashing in the living room, and liking it.

Don't give me the pity eyes yet. Just because we sleep separately doesn't mean our relationship is any less strong (we're a lot nicer to each other—and other people—when we're well rested) or less intimate (predictable, before-bed sex has never been our thing). We're finally starting to accept our not-so-conventional sleeping habits, but we hesitate to explain them to friends and family. If they knew, would they doubt that Mike and I are in love? This is a scary question. Luckily, with a bit of digging, I found so many people who sleep weirdly, whether together or apart, that lovey-dovey cuddlers just might be the weirdest pairs of all.

Paige, 40, and her husband “sleep with our feet touching, which to me is just the loveliest, warmest thing imaginable.” But she proceeds to say that her hubby goes to bed naked—and she prefers to get cozy in



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JUST YOU TWO

neck-to-toe pajamas. "He complains and tries to get me to sleep in the nude," she says. "Sometimes I'll give in and keep my PJs off for the first half hour, then sneak out of bed while he's sleeping and put them on." Paige and her husband aren't so out there: An ABC News survey found that American men are twice as likely as women to sleep in the buff (31 percent versus 14 percent).

Blake, 28, takes overdressing to an extreme. At lights out, she closes up shop by putting on a wool hat (yes, even in the summer), a healthy slathering of face moisturizer, and a thick coat of lip balm. "My look isn't so hot, but he's gotten used

and let their music (him: classic rock; her: Top 40 to drown out his leaking ear buds) lull them to sleep, unaware if the other gets up to use the bathroom.

Katie says she's willing to compromise so her husband can get a good night's sleep—but should she? It's not like she prefers conking out all wired up. "Sure, if a deep sleeper can bend to meet the needs of a lighter sleeper, the relationship will benefit," says Patti Wood, author of *Success Signals: Understanding Body Language*. "Just check in from time to time to make sure it's still okay." Whatever the setup, incidentally, Wood believes that our sleeping positions have



So many people sleep weirdly, whether together or apart, that lovey-dovey cuddlers just might be the weirdest pairs of all.

to it," she says. Cuddling and sex happen on the couch; when they're in bed, the goal is to get as much sleep as possible before their 17-month-old wakes up.

Then there's Katie, 29, who goes to bed at the same time as her husband but, thanks to modern technology, might as well be on a separate continent. "He started reading his Kindle in bed while I'd try to sleep," she says. "The light would keep me up, so now I bring in my laptop." He reads while she catches up on blogs until they're both exhausted. Then they slap on their iPods

significance. For example, she analyzes a spooning couple: "One person is saying, *I can turn my back on you and feel safe—you have my back*; the other is saying, *I want to surround you and take you in*." Well, isn't that precious! What am I saying when I make snow angels in the middle of the bed while Mike curls up by himself a room away?

And what is Joy, 43, saying when she sleeps head to foot with her husband? "If he's snoring or breathing heavily, I put my head at the foot of the bed, and

I find that the added distance between his face and my ears blunts the sounds that would otherwise keep me awake." As of press time, she's only kicked him in the head once.

Like me, Amy, 40, goes to bed hours before her husband, John. But unlike me, they make up for the discrepancy with a special wind-down period. "John comes to bed with me, and we'll talk, snuggle, or he'll play with my hair until I go to sleep," she says. "Then he gets up and continues doing his thing. We run around all day, and this is our chance to have an intimate moment that doesn't necessarily lead to sex."

There are also women like Angela, 40, who hasn't shared a bed with her husband in five years. Angela and her daughter get their z's in the living room while her husband and son share the master bedroom's king-size bed, but that arrangement doesn't mean they have a less loving relationship. In fact, it makes intimacy more fun. "We send each other sexy texts—so the kids can't hear—and make plans to meet in another room when they go to sleep. The sneaking off is part of the foreplay."

Marriage and family therapist Jeanne Bertoli, Ph.D., emphasizes that sleeping together, and without distractions (*hello*, headphone couple), is worth the effort. "Lying next to someone gives you a sense of intimacy that can enhance your relationship without your even knowing it," she says. I had to ask: Does that mean sleeping separately—or a little strangely—is a bad sign? "Not necessarily, as long as you make up for it in other ways," she reassures me. "If nothing else, try clocking 15 minutes of undistracted cuddle time before parting ways at night."

Or... don't, says psychologist Paul Rosenblatt, Ph.D., who spent 20 months interviewing couples for his book *Two in a Bed: The Social System of Couple Bed Sharing*. After all that research, he's laid-back about how crucial a sleeping style is to a relationship. "You should do whatever works best for you," he says. That's good news, considering it's midnight as I write this, and Mike's already comfortable... on the couch. ®

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Simon Cowell made us go "aww"

Simon's not a meanie, he just plays one on TV shows like Fox's new singing competition *The X Factor*. Say hello to his softer side...



There's no more fooling us, Mr. Nice Guy!

SIMON AT A GLANCE

Who would've tanked at *Idol* auditions:



LADY GAGA

"We wouldn't have been smart enough to realize what she's got."

Favorite TV show:



THE FLINTSTONES

"I love watching cartoons in the morning."

Song that should play when he walks in a room:



"HERO" BY MARIAH CAREY

"It's the lyric—'and then a hero comes along....'"

What makes *The X Factor* different from all the other talent shows on TV?

The contestants are all ages—from 12 to 80—and have fascinating backstories. One woman in her mid-40s had gotten out of a horribly abusive marriage. When she sang, she was amazing. We saw the 5,000 people in the audience all get on their feet. That's more powerful than a 17-year-old who comes in and says, "I want to be a star." It's like with Susan Boyle, where I got it completely wrong. I'd written her off before she started singing and got a sharp wake-up call in front of millions.

Paula Abdul is another judge on the show. After your love/hate *American Idol* relationship, what made you want to work with her again?

I do really like people who disagree with me. Probably my best friends in the world are the people I argue with most, because they don't always say what you want to hear. From the minute I met Paula, I was fascinated by her. She's a complex person, but—this is going to sound very American—she's got a great heart.

You're brutally honest on TV, but if your girlfriend says, "Do I look fat in this?" do you say yes?

Of course! Well, we've never had that conversation, because she's not fat. But I remember years ago, my ex and I were going to

an Oscars party and—I'm not exaggerating—her stylist gave her more than 120 dresses to choose from and she chose this horrific yellow dress and yellow boa. I said, "I can't walk out the door with you like that." She wore it anyway and it was hysterical. I admired her for not caring what I thought, though now she admits I was right.

You also have the reputation of being one of the biggest bad guys on TV. How does it feel to be known as Judge Dread?

I'm not out to destroy people. If I had started my career making mistakes and everybody said, "That was wonderful," I would have ended up in a very different place. So even though being told you've got it wrong isn't particularly nice to hear when it happens, it's necessary for you to get better.

Women like to think that tough guys are mushballs on the inside. Are you?

It depends. If I watch *Bambi*, I still get sad.

Are you serious?

I really am. That scene where *Bambi's* mum gets shot is sad! I swear to God, I'm a softie for that stuff. You don't believe me, do you?

I do. Mostly.

Believe me. I promise you, I wouldn't say it unless it was true. —TIFFANY BLACKSTONE



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Three words he never says: "I was wrong"

We got Aaron Traister to do what few guys have done before: admit his (very common) mistakes. Consider this husbandkind's blanket apology.



REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/whysguy.

Was it a mistake to drink a great deal of Budweiser in my backyard last night and argue with some friends about the best local public pools until 3:30 a.m.? Was it a mistake to do that on a night when I knew I'd be on my own with the children this morning because my wife, Karel, is out of town, and when I have a noon deadline for this very article? Now my kids are beating each other with sticks and I'm powerless to stop them; I have a throbbing headache, and I'm so tired I can barely conjurate verds on the page, let alone use the spill-check. And I vaguely remember my friend Shane leaving angrily because I told him that the only thing his favorite public pool is good for is "catching hep C."

So, yes, mistakes were made. But luckily, Karel isn't here to make fun of me. She secretly loves it when I mess up, because she claims I never admit I've done anything wrong. Well, as I sit here popping Advil and pounding Gatorade, I'll happily own up to my many bungled plans

and bad calls as a husband. (Are you listening, Karel?) Go ahead, relish this.

1. Insulting my wife when I'm trying to flatter her.

I am a huge appreciator of the female form, specifically Karel's form, but sometimes my words get in the way of expressing that appreciation. I have been known to praise Karel by telling her she looks "big" or "thick." These words do not go over well, even though I mean them as the highest form of flattery. I am a firm believer in the Sir Mix-A-Lot/Commodores aesthetic, and I love the fact that my beautiful wife is a Brick House (that's right, she's mighty mighty and has been occasionally known to let it all hang out). Karel is a full-figured, curvy woman, and that's a very, very good thing. But Karel hears those words (especially *full-figured*) in an entirely negative way, one that I will never understand because I am not a woman and therefore have never worried about "not being skinny enough."

2. F!@king up the laundry. No matter how hard I try, I'm always shrinking one of Karel's tops or turning something the wrong color when I do the laundry. It's my fault that half of Karel's sweaters are no longer "work appropriate." I kind of like sweaters that aren't appropriate for work; full figures and tight sweaters are like steak and eggs, beer and whiskey—they go so well together!

3. Introducing our kids to crappy food. Karel is a freak for healthy eating. She strongly believes that the kids should not have snacks that come from brightly colored plastic pouches or have the words "Kreemy Filling" on the label. I, on the other hand, truly believed I could introduce a little bit of junk food into their lives and teach them to think of it as a rare treat. But much like Communist Russia, I realized too late that junk food is like capitalism, and you can't let just a little bit in. Once the kids got a taste for it, there was no holding back the tides of revolution.

I knew I'd made a huge mistake the first time they mowed down cheese fries: They were like zombies feasting on fresh brains. They don't look like happy zombies



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-Shannon, age 41

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PATIENT INFORMATION

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Read the Patient Information that comes with **LATISSE®** before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your physician about your treatment.

What is hypotrichosis of the eyelashes?

Hypotrichosis is another name for having inadequate or not enough eyelashes.

What is **LATISSE®** solution?

LATISSE® solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

Who should NOT take **LATISSE®**?

Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

Are there any special warnings associated with **LATISSE®** use?

LATISSE® solution is intended for use on the skin of the upper eyelid margins at the base of the eyelashes. Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

LATISSE® use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

Who should I tell that I am using **LATISSE®**?

You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

What should I do if I get **LATISSE®** in my eye?

LATISSE® solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

What are the possible side effects of **LATISSE®**?

The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

What happens if I stop using **LATISSE®**?

If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

How do I use **LATISSE®**?

LATISSE® solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.



ILLUSTRATION 1



ILLUSTRATION 2

DO NOT APPLY in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

General Information about **LATISSE®**

Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

What are the ingredients in **LATISSE®**?

Active ingredient: bimatoprost

Inactive ingredients: benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

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when they eat the fresh tomatoes, peppers, broccoli, cauliflower, and cabbage I grow in our garden. In fact, I've realized that the more junk food they're exposed to (urgh, by me), the more they think good stuff only comes from a box or an industrial deep fryer. Karel was right about this one, and now I have to figure out how to wean my kids off the stuff. I have a feeling withdrawal isn't going to be pretty.

4. Sharing our personal details.

At the end of Karel's first pregnancy, I announced at a party that her nipples had started leaking. In my defense, it was that stage of pregnancy when conversations about the female body become much more routine and graphic. However, I admit that there's a difference between two women having a clinical conversation about stretch marks and false contractions and my declaring that "the milk train has come choo-choo-chooing into the station!" and then going on to describe in detail why Karel had to shop for padded bras before dinner—all while happily eating tacos in a room full of flabbergasted friends and family.

5. Dropping out of college. Originally, this mistake only affected me, because I didn't know Karel at the time.

But after getting married and moving back to Philly, I discovered that without a college degree or specialized skills, the only jobs available to me were the same ones available to high school students in the summer. Minimum-wage paychecks and dicey hours made our first few years of marriage brutal. It wasn't the months of beans and rice or the inability to go out to dinner or a movie with friends that made it so tough. It

I have been known to **praise** Karel by telling her she looks "big" or "thick." These words do not go over well.

was our complete lack of security—the sensation that a case of mono, or a broken arm, or a strong gust of wind could destroy us financially, and we might never get to a place where we could have a house or babies.

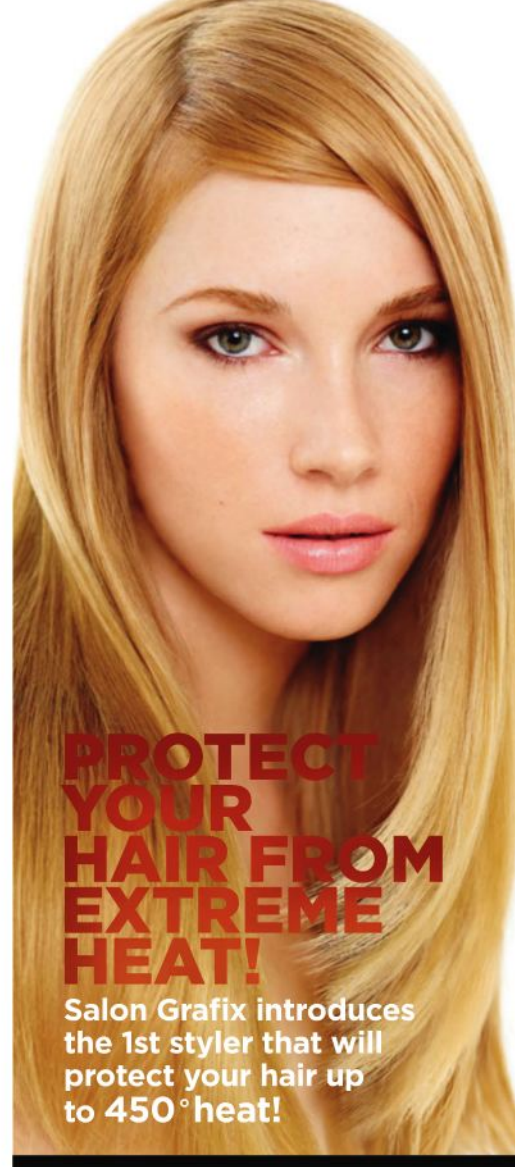
Even now, we talk about my going back to school to complete my bachelor's degree when the kids are older, which means we'd probably go into a lot of debt for something that I should have done—and paid for—back when I was a lot younger. Despite this, Karel has made it clear that she will support me, and that we'll do what we always do and "figure out a way to make it work." Which makes me think that mistakes can actually be valuable, because sometimes fixing them—together—shows you what your marriage is really made of. 

Straight answer from the Whys Guy

Dear Whys Guy: I met a guy on a plane and we chatted the whole time, both mentioning our respective spouses. Later, he emailed me to ask me if I wanted to get a drink with him. Is he just being friendly, or is this a come-on? —Kate, WA

Dear Kate: I met a guy on an airplane once, and we chatted the whole time too. We had a lot in common: sports teams, food, books. When I got off the plane, I thought to myself, Gee, *what a nice guy*. You know what I didn't ever think about doing? Calling him for drinks. Before I was married, I tried to pick up women everywhere. They were like green eggs and ham. I'd try on a train and on a plane, in a box and with a fox. In my opinion, even though this man has a wife, he's thinking like a single guy. It was a total come-on.

Need help decoding male behavior? Email your questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.



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Advice guru Karen Karbo is a mom, a teacher, and the author of *The Gospel According to Coco Chanel*.

Have I lost them for good?

My husband left me after 22 years of marriage, and now the friends and family on “his side” are acting so weird. At a football game recently, someone I was close to even turned and walked the other way when he saw me. How do I handle this? —M.M., 46, CALIFORNIA

First, try to look at these folks as individuals totally separate from your ex. You may realize that you don't really miss his old college buddy as a person, you just miss how the two of them used to quote movie lines back and forth. Over time, it will become clear who was part of your old life and whom you'd like to *continue* to know. Also, some friends might be steering clear simply because they don't know what to say. So email them or send a Facebook message. Tell them that you don't want to put them in the middle, but that you'd love to stay in touch. Then it's up to them. Remember, a year from now you'll be in a much different place, with old and new friends you've cultivated on your own.

He tries to control my every move!

I am newly engaged to a man who has always been confident and caring in the two years we've been together. But after he gave me a ring, he started acting like he owns me. He wants me to ask permission to spend time with family and friends, even to color my hair. He says it's my fault, that my actions cause him to worry. Will he change back to the guy I fell in love with? Or is this yucky new guy here to stay? —C.G., 26, MISSOURI

There's a reason why engagements exist: so that a couple can get to know one another in this heightened state of commitment. Your fiancé has always been both the guy you fell in love with *and* the new, yucky guy—you're just getting to know him better. But this is a red flag you need to pay attention to. What could be worrisome about a woman who wants to be with family and friends, or color her hair? Nothing. Even more alarming is that your fiancé is trying to blame you for his insecurities. I hate to tell you this, but it is a sign of a potentially abusive mate. Have you told him that you don't think it's appropriate for you to have to ask his permission, that you don't like it, and that you're not going to do it? Say that! And if necessary, get some premarital counseling. You don't want to get stuck in a controlling, potentially dangerous relationship.

Her husband was way out of line

I'm married to a recovering alcoholic. He's been sober for 20 years, but it's still an everyday struggle. Recently, my best friend's husband kept asking him about his old drinking habits, and then actually offered him a drink. We were both shocked and upset, but my friend did nothing. My husband and I have decided we no longer want to spend time with them. Should I tell my friend why, or just keep our distance? —D.D., 53, VIRGINIA

If she's really your best friend, I would be completely honest with her. Tell her about your husband's daily struggles, and that he cannot afford to have people in his life who undermine his recovery—it doesn't matter whether her husband did it on purpose or not. Explain that you won't be hanging out as a foursome anymore, but before you cut her out entirely, ask yourself why you hold your friend responsible for her husband's behavior. Her husband messed up, but there's still hope for your friendship with her to continue, right?

I'm tired of trying with my mom

My mother and I have always had a love-hate relationship. Her boyfriend and I fought over political differences a couple of years ago, and I'm no longer welcome in their home. Now she doesn't even respond when I call and email, and she refuses gifts I give her. I love her, but it's clear we're never going to be close. How can I let go of this toxic relationship and start healing?

—T.M., 36, COLORADO

You're right: It's important to accept the fact that right now, you don't have a connection with your mom. But life is long, and situations change. You can count on the fact that as she gets older, she'll have second (and third and fourth) thoughts about her relationships with her children. If it would make you feel better, write her a letter expressing your feelings and telling her that you're going to stop pursuing something she clearly isn't interested in. But don't expect a response. Allow the door to close for now. Just know that it doesn't mean it's closed for good.

Do you need life advice?

Send questions about friends, family, men, colleagues, and anyone else to karenkarbo@redbookmag.com, and include your initials, age, and state. Letters may be edited for clarity and length.

I love

being done

having kids.



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Loving my **eccentric** kids



Ridin' the subway with Carla's daughters, Nic, left, 6, and Julia, 8.

Being a parent means accepting your children for the funny little individuals they are. But what to do when they're downright weird? Carla Power (mom of two happy, quirky girls) finds out.

For months, the wallpaper on my BlackBerry has been a photo of my two girls, taken on the subway last spring. Julia, then 8, is dressed like a madcap old lady, with flowing skirts and a faux-leopard skin jacket. On her head: a turquoise scarf, topped by a Rasta-style knit cap. It's night and we're underground, but she keeps her Jackie O sunglasses on, and wields an oversize umbrella. Her sister, Nic, resembles a very young, very cute boxing coach, with her closely cropped hair, red windbreaker, and a whistle in her mouth.

Was it Halloween? Nope. We were going to a friend's guitar gig, in honor of which they'd each "dressed up" in their own loose interpretation of the term. Julia drew chuckles from fellow passengers, which she loved, having been born with a dramatic streak as wide as Broadway. Nobody gave Nic a second glance, because they all just assumed she was a boy. Which is precisely how she wants it. For about two years she has been, as a friend of mine put it, "a tomboy squared." She insists we call her Nic, not Nicola, plays mostly with boys, and for her 7th birthday this year got what she was pining for: a woodworking kit, a toy electric guitar, and a tuxedo jacket.

"Wow, you sure know how to raise individualistic kids," a fellow mom said recently, shaking her head and grinning. It wasn't meant as a criticism—or, at least, I refused to take it as one.

And I haven't flipped when a friend or teacher has used the term *quirky* to describe Julia or Nic. (Well, okay, maybe I flinched once or twice.) Most of the time, I'm ludicrously proud of my kids, who are generally polite, thoughtful, and curious. But I'll admit to more than a few 2 a.m. fret sessions when I've lain awake, weighing that day's behavior, pondering whether it is, in fact, just quirky—or something more serious. Are Julia's energetic mornings and zonked afternoons just the biorhythms of a "morning person," or signs of a budding bipolar case? Is Nic's line that she's actually "a boy" a temporary thing, or... *what*?

When morning comes, I realize I'm not alone. "Is it normal?" surely tops the list of FAQs for mothers, dating back to Eve, who must've wondered whether Abel and Cain's bickering was something they'd outgrow. Whether it's your son's insisting on wearing any color—as long as it's green—or your daughter's elaborate pre-bedtime room exorcism, most parents have faced the Quirks Dilemma: to nurture, to worry over, or to ignore?

It's delicate, often lonely work. For me, the toughest part is the interface between my kids and society. Sometimes I remind myself of a nervous dinner party hostess, trying to get my kids into a conversation with the world, hoping the two hit it off. Usually they do, because as eccentric as I'll let them be, I draw the line at thinking they're the only people on the planet. Endangering themselves or anybody else is forbidden. Hurting people's feelings, or being rude: verboten. But what about other, foggier instances of a young self colliding with convention, when it doesn't do anyone else any harm? That's where stuff gets tricky. One of a parent's biggest jobs is deciding how much you encourage your child to be like themselves and how much to be like other people. Should I tell Julia to tone down showtimes in public? Should I stop Nic from getting a stubble-short haircut, if it makes her look not just like a boy but a thuggish one? In both cases, the negative fallout is not assured, just possible: Julia's

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dramatics *could* put people off; Nic's hair-cut *could* affect the way people perceive her. But hair grows, and kids change, so I haven't prevented them from doing either. "Some of these behaviors are essentially saying, 'Notice me,'" explains Jacob Azer-rad, a clinical psychologist and author of *From Difficult to Delightful in Just 30 Days*. "Even if the parents aren't reinforcing unusual behaviors by giving them lots of attention, society outside does. And everyone wants to be noticed."

It's confusing, because we're constantly getting mixed messages about individuality. "Think outside the box," goes the mantra of the American office. "Just be yourself," we tell our kids, even as we nag our teen to wash out that hot pink hair dye. We tolerate eccentricity, as long as it's creative—and successful. Lady Gaga, a woman who's worn a dress made of meat, is hailed as a genius. Facebook founder Mark Zuckerberg reportedly took meetings with his finance guys in pajamas—and became the world's youngest billionaire. But for every one of these extraordinary talents, there are countless others whose nutty behavior hasn't worked out so well. Does your 5-year-old's penchant for dismantling laptops foreshadow a future as Bill Gates, or the Unabomber? Is the teen who skips prom to write poetry in her room destined for a life of loneliness, or the Pulitzer Prize?

In truth, probably neither. And yet we live in an age when there are books and apps and websites for every parenting approach, and Listservs for issues from ADHD to xenophobia. All this can be a balm for our worries, but it can also stoke them. In our obsession with standards

Does your 5-year-old's penchant for dismantling laptops foreshadow a future as Bill Gates, or the Unabomber?

and targets, say some child development experts, we are losing sight of the glorious and necessary chaos that is childhood. At its most extreme, our quest for perfectly adjusted behavior can lead to panicking over—even medicating—normal, healthy stages of development. After *The New York Times* reported a 40-fold increase in the number of kids diagnosed with bipolar disorders between 1994 and 2003, some professionals railed against the trend of psychiatrists' prescribing drugs to toddlers—kids who earlier generations might have dismissed as going through the Terrible Twos. "Parents want their children to be 'normal,' and teachers want their students to be 'normal,' often without considering the potential of the child to be fulfilled and worthy," says Elizabeth Berger, M.D., child psychiatrist and author of *Raising Kids With Character*. "Our modern, technology-driven culture is dominated by a view of people in terms of norms and averages. We worship 'normal' development because of our love for the industrial model of efficiency, reliability, and predictability."

But as any parent knows, those are goals for factories, not children. Particularly not kids like Ellen's* 5-year-old, Lily, who's had imaginary friends since she could talk and who's been known to dress for a day out in a full clown suit, down to the oversize shoes. Ellen and her husband, Tim, are filmmakers, so both value creativity and encourage it in their children. In fact, Tim's lullaby for Lily and her sister, Minka, was the Frank Sinatra ode to individuality, "My Way," with the girls joining in on the famous lyric: "I did it... my waaaaaay!" Lately, Ellen jokes, they've



Obviously the attitude was there from the start: Lady Gaga (born Stefani Germanotta), as a kid and today.



Merry, merry: Carla, center, with Nic (left) and Julia.

been tempted to alter it to “Your Way,” for Lily, in the hope that she’d become a little more conciliatory with others. “She’s in her own world a lot of the time, and when it clashes with what’s expected, it can get ugly,” says Ellen. “If she’s playing with her imaginary friends and I interrupt her to put her shoes on for school, we can get a 40-minute tantrum.”

When you have a kid who’s different, “it’s very easy for people to get very negative about it,” notes Helen, whose daughter, Alice, was a “tiny tornado” of a toddler. Alice’s idea of a great playdate was rearranging the cans in the kitchen cupboards—often naked—at the age when “most kids were contented waving around a wooden spoon,” she says. “Other parents could be horrified.” What helped: finding allies for herself—and for Alice. “As a mom, you need a friend who’s the same speed as you are, and the kids need playmates who go at their speed too,” she says. Helen found solace in another mother whose daughter was similarly lively and who had a great attitude about handling her. “She wasn’t given to moaning or blaming, but was very into working with what you’ve got,” she says. Even more important was what the girls themselves learned: “It was good for them to play with someone who could dish it out as badly as they could,” says Helen with a chuckle. “There was some poetic justice—or ‘learning moments’—there.”

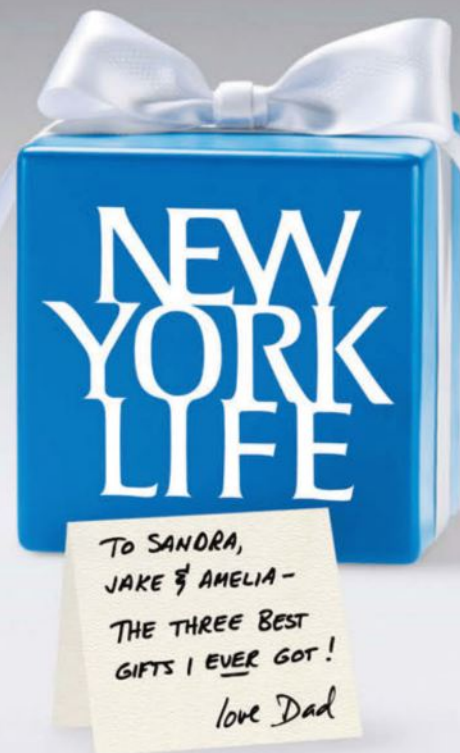
As Alice grew up, her inquisitive energy translated into high academic achievement; she excelled in school, and is due to get a university degree in French and Spanish next year. “Alice has always known who she is and what she wants,” notes her mother. “But she’s learned how to make it happen in nicer ways.” Growing older

is one of the best remedies for childhood quirkiness: The adult world can be more forgiving than the playground, and offer a bigger pool of sympathetic cohorts.

Ideally, as she matures, a child’s sweet spark of individuality won’t be crushed by peer pressure. Watching Julia, now 9, on the very outskirts of adolescence, I can see the first shimmerings of self-consciousness, which could grow into insecurity and/or conformity within a few years. She’ll still burst into song-and-dance routines in the middle of a restaurant, but I imagine those days are numbered. “I equate eccentric behavior with the bubble of childhood, with innocence,” says Lily’s mother, Ellen. The other day, Lily insisted on a ponytail on one side of her head and a braid on the other. She skipped off to school, and returned deflated: Her classmates had laughed at her. “I don’t think she’ll wear her hair like that again, which makes me sad,” Ellen says.

In the end, it’s better to keep the child’s broader sense of well-being in mind, says Berger. “Focusing on the child’s development as a ‘big picture’ is often more fruitful for parents than focusing on the quirk itself,” she notes. “A child who has at least one good friend, who is learning in school, who is joyful and hopeful and deeply attached to others is a child who is on the right track. Quirks that interfere with schoolwork, with friendship, with optimism, and with relationships in a significant way are red flags that the child’s life may need attention.”

That pretty much jibes with the inner voices in my head. The only time I’ve ever thought about seeking professional help for Nic’s extreme tomboyishness was the two-month period she seemed miserable at school. As long as the joy, hope, and love bit is in place, then I’ll cherish my children’s choices. The day Julia, then 4, strode down our city’s biggest shopping street with a score of stretchy bangles around her legs, from ankle to thigh, a cool young man approached me. “Is that how they’re wearing them now?” he asked, approvingly, scenting a new fashion trend. “Not *them*,” I grinned, bursting with pride. “*Her*.”



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No, seriously:
Listening to the
Biebs is helping
her study.

Help your kids learn—and love it

Ron Clark has been researching the way kids study for years at his model school and teacher training center in Atlanta, and now the renowned educator and best-selling author is sharing what's he's learned in his book *The End of Molasses Classes: Getting Our Kids Unstuck*. We asked him for the CliffsNotes.

► **What has surprised you most in your research about how kids learn?** I used to tell parents to turn off the TV and the music and have their kids sit at the kitchen table and study quietly. I've discovered that with nothing in front of them but the material, kids feel like they're missing something—so they're miserable and can't focus. If there's a little music or the TV is on in the background, they're more relaxed and will study longer and retain the information better.

► **What are some other ways to get kids to focus?** You've got to get them to see it as fun—bonding time—so they don't dread it. I like writing vocabulary words on balloons, and if the child gets the right definition, he or she gets to pop the balloon, with the goal of popping 10 a night. You've got to teach your children how to study. Show them how to read half a page of notes and then explain to you what they read. And if either of you is frustrated, take a break, bake some cookies, go for a walk.

► **What's the biggest mistake parents make?** If your kid forgets his homework at home, don't bring it to school. He won't learn to be responsible if he knows you'll always bail him out. Those are the kids who grow up to become 20-year-olds still living at home. Resisting the urge in the moment is hard, but it's important to let your children stand on their own two feet.

CAN WE BE THEIR FRIENDS?

These Facebook status updates from real moms made us giggle—and feel better about our own imperfect parenting.



Sasha Emmons

My daughter has mad stalling skillz. I'm thinking she has a brilliant future ahead of her as a hostage negotiator or a government worker.



Fan Winston

What do you think Kai named his new stuffed animal that has horns on it? Yup, you got it. (Horny.)



Nora Weber

Wow. First day back in the gym since Charlie. Forgot how much I HATE the gym. Also shaking just a little bit.



Jess Dukes

Found a squooshed-flat Reese's Peanut Butter Cup in my purse. Ate it.



Catherine Wright

I asked Owen what he wanted to do and he said, "Dinner, playground, Party City." Is that a 4-year-old's version of "gym, tan, laundry"?

HOW TO CALM A RAGING PARENT



Everyone has watched in horror as some fed-up-to-here parent screams at her kids (or worse) in public. But what should you do? Tread very carefully, says Jed Baker, Ph.D., author of *No More Meltdowns*. Aggressively confronting an angry parent could make them even more furious—and make things worse for the child. So keep your tone positive: "A comment like, 'My child gets upset like that too. Any way I can help?' can direct a parent's attention

away from the child," Baker says, and snap them out of an escalating pattern. If the parent is being physically violent, don't hesitate to call the police; it can be dangerous to everyone involved to do anything yourself.



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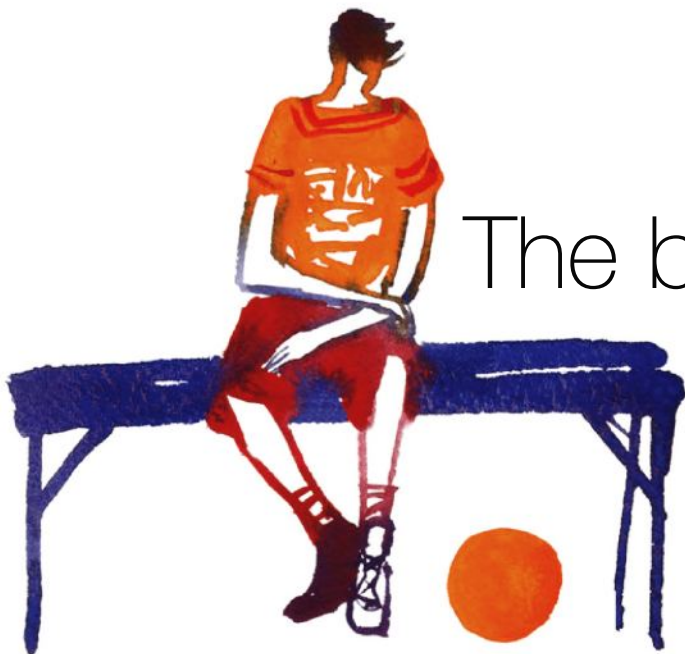
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The best parenting move? Butt out.

Watching her son *not* play basketball taught Melissa Fay Greene that sometimes, the smartest thing a mom can do is stand silently on the sidelines.

A boy. A team. A dream. A bench. There he'd sat for four games in a row. "Which one is yours?" asked a friendly parent in the stands. Our family was new to this school district.

"That one. On the bench."

Eight minutes left. *Please, Coach, let him play. Let him show what he can do*, I silently begged. Despite my son's clapping hands and cheers, I knew he was in agony. The clock's numbers ran down. A buzzer-beater flew through the air. His victorious team stomped off to the locker room amid fist bumps. My son stiffly followed.

What is a parent to do? When your child is a newborn wailing from the cradle, you dash over, eager to make the baby happy. When your 5-year-old is intimidated by big kids at the park, you stay nearby to lend courage. But what do you do when your child is hurting at 15?

"Why me?!" my son yelled in the car later. "I'm the only one who never goes in!" He crumpled forward in despair.

We were *all* frustrated. I knew that somewhere between assault (a local dad had just been indicted for attacking his son's baseball coach) and standing idly by must lie an appropriate parental action, but what was it? I offered vaguely: "Sometimes I hate sports."

"It's not the sport!" he shouted, storming into the house. "You don't understand!" I retreated upstairs to bed.

Ten minutes later, he peeked in. "Mom? Sorry." My husband, Donny, and I leaned against our headboard. "It's okay," I said. "Listen, Dad and I were just talking. What if we go meet with your coach?"

"No! I don't want to be the kid who plays because his parents complained," he said.

"Okay, but we need to know what the coach is thinking," Donny said.

"What am I supposed to do—just ask him?"

An epiphany. The balance in the room shifted. He'd hit upon a strategy and taken the ball from us.

"Well, what would you say?" asked Donny.

"I'd say, 'Why the hell don't you ever put me in?!'"

We cleverly remained silent.

"No, I'll say, 'Coach, you're not putting me in. Is there something I'm doing wrong?'"

"That sounds good," I said, admiring the way he downshifted out of rage and into reasonableness.

A cold winter night fell quickly outside the school gym the next evening as I waited for my son. "I did it," he reported, opening the car door. "I said, 'Coach, I haven't played for four games and I'm wondering what I'm doing wrong.' And he said, 'Why do you think?'" And I said, "It might be because I'm not good enough. Or because I'm new and I don't know the plays yet. Or because I missed a practice." And he said, "If you weren't good enough, you wouldn't have made the team. It's the second thing you said—you don't know the plays yet."

"How do you feel?" I asked, marveling at this sudden maturity. "Better," he responded easily.

Sometimes, the appropriate parental action is parental inaction. While we stayed still, our son had grabbed the ball, run with it, and scored.

"Sometimes," I said, "I love sports." **E**

Melissa Fay Greene is a journalist and a two-time National Book Award finalist. Her latest book, No Biking in the House Without a Helmet, was released earlier this year.



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David (and his abs) make the move to the big screen in this month's new film *The Mighty Macs*.

David Boreanaz, interviewed by his son, Jaden, 9



Working out, rock 'n' roll, Mustangs... just a little guy talk with the *Bones* star and his boy.

Jaden: What do you think about when you're away from us?

David: I'm always thinking about how I can get home as fast as I can. And sometimes I'll use my experiences with you and your sister, like trying to get you to bed, when I need to overcome some conflict in a scene. I've always got you guys on my mind!

Jaden: How come you work out a lot?

David: I work out to relieve stress, which is stuff that builds up inside of you. You know what stress is, right?

Jaden: Yes. How come when you work out you always say your abs hurt?

David: Your dad is getting older and it's a lot harder to do sit-ups like I used to!

Jaden: Have you ever stayed up past 12 a.m.?

David: Of course... and well past. But remember this [*laughing*], nothing good happens past 12 a.m. That's very important to know.

Jaden: What is your favorite kind of food?

David: You know that. We cook it all the time!

Jaden: Italian!

David: What else do we make that you love?

Jaden: Milkshakes! But my favorite thing that you make me is eggs sunny-side up and pancakes and bacon.

David: Now do you realize why I have to work out so much, Jaden? Because we're always cooking and eating together.

Jaden: What's the first concert we went to?

David: Eric Clapton at the Hollywood Bowl! We drove my old Mustang there. We like classic rock 'n' roll at our house, don't we? Led Zeppelin, the Grateful Dead.

Jaden: I like the White Stripes too.

David: You're growing up too fast; I don't like it. How about we pretend you're 9 going on 8? —ADAPTED BY LORI BERGER

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Important Safety Information About PRISTIQ

Suicidality and Antidepressant Drugs

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Important Risk Information for PRISTIQ on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

IMPORTANT FACTS ABOUT



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Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

• **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.

• **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.

• **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.

• **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

• **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq? Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines

such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- nausea
- anxiety
- irritability
- sleeping problems (insomnia)
- sweating
- abnormal dreams
- tiredness
- diarrhea
- headache

Seizures (convulsions)

• **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

• **Allergic reactions.** Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines?
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Knoxville, TN

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Suze Orman

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MAKE IT WORK

TIME, JOB & MONEY TIPS YOU NEED NOW



IT'S 10 P.M.

Time to power down

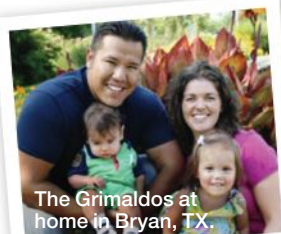
● **Prep for tomorrow.** Create an end-of-day routine so you wake up the next morning with fewer to-do's, says Matthew Edlund, M.D., author of *The Power of Rest*. Take a quick shower, lay out your clothes, make your lunch, leave your keys and purse by the door, set the breakfast table, program the coffee maker... whatever puts your mind at ease.

● **Don't drift.** Bust out of the "it's 11 p.m. already?" time warp by setting a recurring alarm on your cell an hour before bed as a reminder to chill out, says Tucson, AZ-based sleep expert Rubin Naiman, Ph.D. That way, you'll be on time to bed. "Conking out at the same time every night strengthens your circadian rhythms, so you'll fall asleep more easily and get a better rest," he says.

● **Just unplug.** Shut your laptop and stop staring at your smart-phone. The light from these gadgets decreases melatonin, the hormone that makes you sleepy, Naiman says. Instead, read or catch up (wink, wink) with your guy. Couples with the most physical contact often have the lowest levels of the stress hormone cortisol, according to a Swiss study. —NICOLE YORIO

"MY MONEY M.O."

Ashley Grimaldo, 31, and her husband, Rudy, racked up \$61,000 in debt while dating, but in five **sane-spending** years, they paid it all off. They'll never backslide, thanks to these rules.



The Grimaldos at home in Bryan, TX.

My husband and I were reckless spenders until 2006. To dig out of our debt, we downsized to one car, and while our friends were jumping into zero-down home loans, we stayed put in a modest one-bedroom. After majorly cutting back on buying whatever we wanted, we knocked out

our \$25,000 credit card debt in 2008 and paid off our car and student loans last year. Next up: growing our nest egg.

● **My shining moment of resourcefulness:** I worked out a deal for my daughter, Olivia, so she could take dance lessons for free if we provided the sound and lighting at recitals, courtesy of Rudy's audio company.

● **Go-to online deal site:** I enrolled in the Amazon Mom

program at amazon.com/mom, which saves me 30 percent on diapers and wipes. With the upcoming birth of our third child, it'll be a lifesaver.

● **The last time I negotiated—and won:** Hospitals are quick to

bill outrageously, then settle for peanuts. When my son, Aaron, was born, our anesthesiology bill was \$1,100. I asked if they'd shave off \$500 if I paid in cash, and they took it.

● **Our can't-do-without-it splurge:** Once a year, Rudy and I spend \$120 on dinner at our favorite steak joint. We make audible *When Harry Met Sally*-like "mmm" noises. The more stares, the better! —AS TOLD TO KENRYA RANKIN NAASEL

FINANCIAL 411

● **After-tax household**

income: \$55,000

● **Debt:** \$0

● **Mortgage:** \$1,500/month

TAKE HER WORK ADVICE!

"Find a tough mentor who will tell you the truth when you mess up. I've had someone like that at every job, someone I can ask, 'Is there something I'm doing that's getting in my way? Is there a colleague I need to clean up my relationship with?' It's the only way I've avoided office land mines." —BETSY MYERS

Myers, 50, author of the book *Take the Lead*, has leapt from one hot-shot job to another: from senior official in the Clinton administration to COO of Barack Obama's first presidential campaign to her current gig as founding director of the groundbreaking Center for Women in Business at Bentley University in Waltham, MA.



FIVE-MINUTE MONEY MANAGER

Are rewards programs worth it?



REDBOOK's money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President's Advisory Council on Financial Capability.

Shoppers who are active in loyalty programs spend up to 25 percent more than people who aren't. Yikes! Watch out for these red flags before enrolling.

● **Awards overload.** You'll never rack up enough points to get serious discounts if you belong to dozens of programs. Limit yourself to the places you go most, like your grocery store, gas station, and even your favorite dinner spot. Restaurants can be extra-generous, says Kelly Hlavinka, managing partner at the independent loyalty-industry research firm Colloquy. T.G.I. Friday's program, for example, shells

out an \$8 coupon for every \$100 you spend.

● **Sneaky fees.** These days, most programs let you join for free, so avoid any that don't. And ask up front about redemption charges: You could pay \$25 just to book a flight using miles.

● **Jacked-up interest rates.** Many clothing retailers only allow customers access to deals if they register for the store's credit card, which can carry rates over 20 percent. Earning a measly \$10 coupon doesn't come close to the thousands you'll owe in interest if you don't pay your bill on time. Instead, find a general rewards credit card that best fits your spending patterns at cardratings.com.

CLOCKWISE FROM TOP LEFT: COURTESY OF SUBJECT, UPPERCUT IMAGES/GETTY IMAGES, TARA DONNE



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TOMATO BASEBALL.
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in every pouch
Respect what's in it



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Happy to be SAHD



An adorably mismatched DC duo.

Stay-at-home dads are forming groups all over the country. We spied on four of them—and learned a lot about men, kids, and love.
By Douglas Quenqua



The Portland dad group hits the zoo.

There are support networks aplenty if you're a stay-at-home mom, but if you're a full-time dad, good luck gaining entry. "I know what an episiotomy is, but if you're a woman, you probably don't want to talk about it with me," says Shannon Carpenter, a dad in Kansas City, MO, who, like a growing number of American men, stays home to care for his two kids. Feeling a bit out of place at local mommy-and-me classes, Shannon and other fathers have banded together into what might be described as fraternities for

30-somethings: stay-at-home-dad groups. Some form after guys meet at their kids' school functions, others are born out of Facebook groups and Craigslist postings; most of them meet at least once a week, usually at a playground or one guy's home. And memberships are rising: There are about 150,000 stay-at-home dads in the United States, according to the 2010 Census, which, though a small number, is up an estimated 65 percent from a decade ago. And the numbers are likely even higher due to the many men who work part-time, or consider their situation to be temporary.

We hung out with a few SAHD groups around the country to get a bead on exactly what these fathers do best. No matter who's on call most in your house, these guys can teach you plenty about parenting (like how much toddlers love NASCAR!). ►



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THE ADVENTURERS

Kansas City, MO; 75 members

THEIR SECRET: MIX IT UP! “I don’t get stuck on the idea that I have to do things that are kid-centric with my children,” says Mick Freyermuth, father of Luke, 5, and Rory, 3, and a five-year member of the Dads at Home Daily group.

“You don’t have to go to a children’s museum. Kids will learn something from just visiting a construction site.” The best outing this group dreamed up was a visit to a NASCAR practice day in summer 2010. The kids, who wore headphones to block out the noise of the engines, watched drivers take laps around the course and then scored pictures with them. “They just couldn’t get enough of it,” says Shannon, father of Vivi, 5, and Wyatt, 3. “And of course we made them stand in front of the Danica Patrick trailer so we could get a photo.”

ONE BIG MISTAKE: The group’s most regrettable outing? The Glore Psychiatric Museum, which features displays of mental health treatments through the years. Some of the more graphic depictions were a bit *too* real for the kids. “They used to use coffins to confine patients, and they had this coffin with a peephole cut out and a mannequin inside with blonde hair,” says Mick. “One of the kids goes over, looks in, screams, ‘Momma?!’ and freaks out. It was not our best moment. Although it did teach us to do a little more advance research when we’re planning our trips.”



“And this, son, is what NASCAR sounds like.”



Toting some precious cargo at the pumpkin patch.



The Kansas City crew (those are Shannon’s kids, Vivi and Wyatt, center) at a monster truck rally.

WHAT MOMS NEED TO KNOW ABOUT DADS: Fathers can save the day too. “If a kid is crying, moms have a tendency to swoop in,” says Shannon. “But dads are up to the job; just give us a chance!”

PLAYGROUND GOSSIP: Anything’s game—except marital advice. “None of us are therapists,” laughs Mick. “Let’s face it: How many guys really understand their wives anyway?”

THE DIPLOMATS

Washington, DC; 500 members

WHY YOU SHOULD TRUST YOUR MAN: “There are only two things guys can’t do,” says Mike Stilwell, “head dad” of the DC Metro Dads group and father to Patrick, 25, Virginia, 22, and Mary, 15. “We can’t physically give birth and we can’t breast-feed. Everything else we can handle.”

HOW TO GET HIM TO PITCH IN: Put him in charge of one daily activity, says Marcus Zumwalt, father of five kids ranging in age from 3 to 9. Giving him something he can look forward to doing with them will make him happy to get involved. “For example, my wife always puts the kids to bed,” he explains. “She likes knowing that whatever else happens during the day, she’s guaranteed those five to 10 minutes of one-on-one time.”

THE BEAUTY OF LETTING GO: “With the guys, no one cares if you’re 20 minutes late. And we’re willing to let the children climb a little higher on the monkey bars, and go a little farther across the playground,” says Marcus. “I think that’s a good thing.” ➤



Cooling off on the National Mall.



Marcus and his son, Micah.



Hands full? Schmandsfull!

Lunchables

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Next stop: center stage.

Kids are full of potential. And unlocking it starts with a great lunch.
LUNCHABLES Deep Dish Cheese Pizza has mandarin oranges for a full serving of fruit.

it doesn't get better than this



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Rod and Caleb take the playground.



A man and his mini-me. Such cuteness!



The Austin dads doing what they do best: hanging out.

THE CHILLED-OUT DUDES

Austin, TX; 190 members

REGRESSION IS GOOD! “Get down on your kids’ level, literally,” recommends Rod Haden, father of Caleb, 4, and a member of the Austin SAHD Group. “Play with them, sit on the floor. What your kids love most is for you to be a kid with them.”

SURPRISE MEMBER: This year, the group brought its first mom into the fold. “Mostly everybody was very welcoming of her,” says Rod. She has yet to attend a Dad’s Night Out (it happens one night a month, no kids allowed!), but she will soon. Rod

does admit that there might be “fewer off-color jokes” told while she’s around.

HOW TO GET YOUR GUY TO HELP WITH THE KIDS: Throw him in the deep end, says Caelum “CJ” Jones, father of Isabella, 8, Victoria, 6, and Ouin, 2. “Take a long weekend and leave the kids alone with Dad. He’ll figure it out.”

WHAT THEY DO DIFFERENTLY FROM THEIR WIVES: “Fathers are more willing to tell their kids, ‘Go ahead, see what you can do,’” says Rod. “My son has survived so far, and I think it’s given him confidence in himself.” For example, right after Rod’s son turned 2, they were at the park, just the two of them, and Caleb spied a bike belonging to a 4-year-old. He made a bee-line for it, and Rod figured, *Why not?* “After a few minutes and a seat adjustment, Caleb was doing his best to push on the pedals. He couldn’t quite get them to go all the way around, but he *did* ride a bike for the first time at 2 years old!”

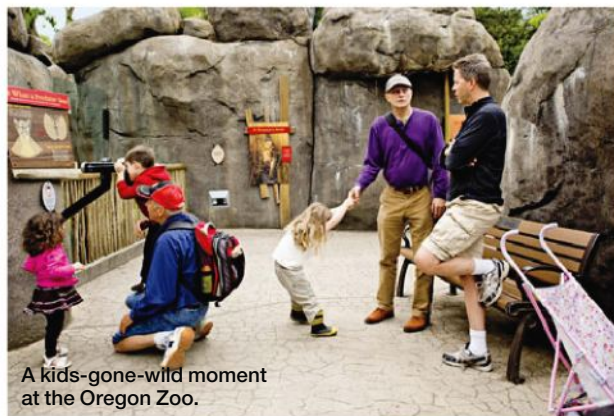
THE COMMUNICATORS

Portland, OR; 300-plus members

WHY ROUTINES SHOULD STAY THE SAME, WHOEVER’S IN CHARGE: “The more consistent parents are with discipline and routines, the more comfortable the kids will be with boundaries,” says Eric Houghton, founder of Portland Dads at Home and father to Nicolas, 5, and Annika, 2. “My two kids love to pick up the newspaper every morning. They’re supposed to take turns, but every day they would each claim that the other had done it the morning before. So finally, I declared that the even-numbered days are Nicolas’s days and the odd-numbered days are Annika’s days. I let my wife know so she could use the same rule on weekend mornings, when she tends to be in charge. Good communication makes everything run more smoothly.”

WHAT GUYS REALLY RESPOND TO: Honesty and thoughtfulness. “If you want our help, just tell us how much it means to you,” says Jondell Hines, father to Reuben, 5, and Yoyi, 2. “But don’t dump a chore or child-caring responsibility on us without the option to negotiate. And a compliment when it’s done goes a long way.”

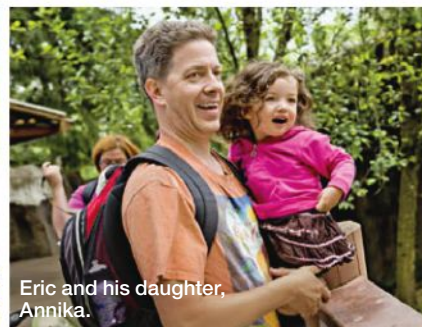
THE MOM RULE THEY BREAK: “I get more rough and tumble with my sons on the playground than my wife ever would,” says Jondell. “We have a blast!”



A kids-gone-wild moment at the Oregon Zoo.



Gotta stay hydrated!



Eric and his daughter, Annika.



We didn't know
where to go next with
Eric's ADHD.

Adding nonstimulant **intuniv**® to his treatment plan was the next step for us.

If your child is taking a stimulant medicine for ADHD, and still needs more help managing symptoms like hyperactivity, impulsivity or inattention, speak with the doctor about nonstimulant INTUNIV. For some children, adding once-daily nonstimulant INTUNIV to their current stimulant has been shown to provide additional ADHD symptom improvement.

INTUNIV is a prescription medicine used to treat Attention Deficit Hyperactivity Disorder (ADHD) in patients 6 to 17, either alone or in combination with ADHD stimulant medications. INTUNIV was shown to work in clinical studies lasting up to 9 weeks. INTUNIV should be used as part of a total treatment program that may include counseling or other therapies.

Important Safety Information

Patients should not take INTUNIV if they are allergic to guanfacine or other ingredients in INTUNIV, or are taking other medicines containing guanfacine (eg, Tenex®). Tell the doctor about all medicines, vitamins, and herbal supplements your child is taking.

INTUNIV may cause serious side effects including low blood pressure, low heart rate, fainting, and sleepiness. Before starting INTUNIV, tell the doctor if your child has low blood pressure, low heart rate, heart problems, has fainted, has liver or kidney problems, is pregnant, breast-feeding or plans to become pregnant or breast-feed, or has any other medical condition. Patients should avoid becoming dehydrated or overheated while taking INTUNIV.

Patients should not drive or operate heavy equipment until understanding how INTUNIV affects them. INTUNIV can slow thinking and motor skills. While taking INTUNIV, patients should not drink alcohol or take other medicines that can cause sleepiness or dizziness as these symptoms may get worse.

The most common side effects of INTUNIV include sleepiness, tiredness, trouble sleeping, low blood pressure, nausea, stomach pain, and dizziness.

INTUNIV should be swallowed whole without crushing, chewing, or breaking the tablet. INTUNIV should not be taken with a high-fat meal. Do not change the dose or stop INTUNIV without talking with the doctor. The doctor will regularly check your child's blood pressure and heart rate.

Please see Patient Information on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

If you are having trouble affording your medicines, Shire may be able to help. Visit ShireCares.com or call 1-888-CARES-55.

For more information visit intuniv.com or call 1-866-272-1222. Ask the doctor about nonstimulant INTUNIV.

For money-saving offers on your child's prescription, visit intuniv.com

intuniv®
(guanfacine) Extended
Release
Tablets

INTUNIV® (in-TOO-niv) **(guanfacine)** **Extended-Release Tablets**

Read the Patient Information that comes with INTUNIV® before you start taking it and each time you get a refill. There may be new information. **This leaflet does not take the place of talking with your doctor about your medical condition or your treatment.**

What is INTUNIV®?

INTUNIV® is a prescription medicine used to treat the symptoms of attention deficit/hyperactivity disorder (ADHD).

INTUNIV® is not a central nervous system (CNS) stimulant.

INTUNIV® should be used as a part of a total treatment program for ADHD that may include counselling or other therapies.

It is not known if INTUNIV® is effective:

- for use longer than 9 weeks

It is not known if INTUNIV® is safe or effective:

- in children younger than 6 years old
- in adults

What should I tell my doctor before taking INTUNIV®?

Before you take INTUNIV®, tell your doctor if you:

- have heart problems or a low heart rate
- have fainted
- have low blood pressure
- have liver or kidney problems
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if INTUNIV® will harm your unborn baby. Talk to your doctor if you are pregnant or plan to become pregnant.
- are breast-feeding or plan to breast-feed. It is not known if INTUNIV® passes into your breast milk. You and your doctor should decide if you will take INTUNIV® or breast-feed.

Tell your doctor about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

INTUNIV® may affect the way other medicines work, and other medicines may affect how INTUNIV® works.

Especially tell your doctor if you take:

- ketoconazole
- medicines that can affect enzyme metabolism
- valproic acid
- high blood pressure medicine
- sedatives
- benzodiazepines
- barbiturates
- antipsychotics

Ask your doctor or pharmacist for a list of these medicines, if you are not sure.

Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist when you get a new medicine.

How should I take INTUNIV®?

- Take INTUNIV® exactly as your doctor tells you.
- Your doctor may change your dose. Do not change your dose of INTUNIV® without talking to your doctor.
- Do not stop taking INTUNIV® without talking to your doctor.
- INTUNIV® should be taken 1 time a day, either alone or in combination with an ADHD stimulant medication that your doctor may prescribe. Your doctor will tell you when to take INTUNIV® and when to take your ADHD stimulant medication.
- INTUNIV® should be swallowed whole with a small amount of water, milk, or other liquid.

- Do not crush, chew, or break INTUNIV®. Tell your doctor if you can not swallow INTUNIV® whole.
- Do not take INTUNIV® with a high-fat meal.
- Your doctor will check your blood pressure and heart rate while you take INTUNIV®.
- If you take too much INTUNIV®, call your local Poison Control Center or go to the nearest emergency room right away.

What should I avoid while taking INTUNIV®?

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how INTUNIV® affects you. INTUNIV® can slow your thinking and motor skills.
- Do not drink alcohol or take other medicines that make you sleepy or dizzy while taking INTUNIV® until you talk with your doctor. INTUNIV® taken with alcohol or medicines that cause sleepiness or dizziness may make your sleepiness or dizziness worse.

What are the possible side effects of INTUNIV®?

INTUNIV® may cause serious side effects including:

- low blood pressure
- fainting
- low heart rate
- sleepiness

Get medical help right away, if you have any of the symptoms listed above.

The most common side effects of INTUNIV® include:

- sleepiness
- nausea
- tiredness
- stomach pain
- trouble sleeping
- dizziness
- low blood pressure

Tell the doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of INTUNIV®. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store INTUNIV®?

- Store INTUNIV® between 59°F to 86°F (15°C to 30°C)

Keep INTUNIV® and all medicines out of the reach of children.

General Information about INTUNIV®

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information Leaflet. Do not use INTUNIV® for a condition for which it was not prescribed. Do not give INTUNIV® to other people, even if they have the same symptoms that you have. It may harm them.

This leaflet summarizes the most important information about INTUNIV®. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about INTUNIV® that is written for health professionals.

For more information, go to www.INTUNIV.com or call 1-800-828-2088.

What are the ingredients in INTUNIV®?

Active ingredient: guanfacine hydrochloride

Inactive ingredients: hypromellose, methacrylic acid copolymer, lactose, povidone, crospovidone, microcrystalline cellulose, fumaric acid, and glycerol behenate. In addition, the 3mg and 4mg tablets also contain green pigment blend PB-1763.

Manufactured for Shire US Inc., Wayne, PA 19087.

INTUNIV® is a registered trademark of Shire LLC.

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This product is covered by US patents including 5,854,290; 6,287,599; 6,811,794.

Version: 06/2011

INT-01940



take note



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Put it on a pegboard!

Turns out, this humble piece of hardware is a multitasking miracle. Hang it in key spots and kill clutter forever.

First, some pegboard basics: You can buy them at any hardware store (check out lowes.com or homedepot.com to find ones online) and have them cut to whatever dimensions you need.

Then, make a frame the same length and width as your pegboard, using four thin strips of plywood (the hardware store can cut those too). This will give the hooks enough space in the back to poke through.

Lastly, mount the frame wherever you want it, drill the pegboard on top, and start organizing!



IN THE PANTRY

Get rid of your junk drawer—yeah, seriously—by putting your stuff where you can actually see it. Use one hook for anything with a hole (twine, scissors) and two for long objects (like a flashlight).

Group items by “zone”: fix-it’s up top, office-y stuff below.

A spray bottle of an all-over cleanser lets you quickly nix messes; ditto a lint roller.

Attach binder clips to pads and clipboards so you can find your to-do list and receipts.

Hang bins for pins, tacks, and other itty stuff. (The two here are made for pegboards; we covered them in cute paper.)

IN THE KIDS' ROOM

Use it as a divider (the warring factions will thank you). Nail two-inch plywood strips along the edge of two pegboards to create space between them.

Then, attach casters and employ it as a rolling wall.

Hang awards and certificates so kids have a personal brag board.

Use a ribbon to hold a whiteboard in place: no more “but Mom, you didn’t remind me!”

A pencil bag with binder holes is a fab marker-organizer, and easy to grab on the go.



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IN THE BROOM CLOSET

Brighten up this otherwise grim space by spray-painting the pegboard a fun color, says Boston-based designer Ana Donohue. Use paint with a semi- or high-gloss finish: It'll make it easier to wipe clean.

Add a clip to gloves to hold them in place and air them out. This will put an end to shoving your new manicure down moldy sleeves.

Extra sponges fit right in a bucket we hooked on.

Hang your most-used spray cleaners, so you can grab 'em quickly rather than endlessly hunting under the sink.

Store heavy items on the bottom



INSIDE THE COAT CLOSET

Imagine running late and knowing exactly where your umbrella is. That would be nice, right? This practical pegboard, hung inside the closet door, makes it easy to get out of the house—fast.

Put the kids' sweatshirts, scarves, etc., low. They need to be able to reach their stuff (and the dog's leash, for when it's time for them to walk him).

Assign hooks to everyone so your gloves and hats are always in the same spot.

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6 simple ways you can help kids learn to read

Nearly 40 percent of fourth-graders in America **read** below grade level—and 61 percent of low-income families don't have a single children's book at home. Change their **futures** with these easy ideas. By Kate Maas



First-graders at the Meeting Street Academy, (from left) Guiliana McKinney, Byron White, Princess Scott, and Makayla Ravenel.

1 Wake up to the situation in *your* community. “Most Americans have no idea how many kids across the country can’t read well, but the truth can be motivating,” says Trish Scarry, a 41-year-old former elementary school teacher in Charleston, SC. In Charleston, only *one in eight* of the city’s public high school freshmen read above a fourth-grade level. To help tackle that breath-taking achievement gap, Trish started the Meeting Street Academy (MSA) three years ago, with the support of a corporate donor; parents pay a mere one dollar a day for kids to attend. MSA’s 100 students have been culled from some of the area’s most underserved neighborhoods. And Trish is proud to report that her first class of students, now in the second grade, are strong readers and boast well-above-average test scores. See how children’s reading test scores in your state measure up to the national average at nces.ed.gov/programs/stateprofiles.

2 Give 10 books to children who need them most by donating \$20 to First Book (firstbook.org), a charity that sends roughly 18,000 books to educational programs every day. “Before I received donations from First Book, my classroom had worn-out old library books

held together with staples,” says Jodie Luciano, a second-grade teacher at Fort Caroline Elementary School in Jacksonville, FL. “My students were thrilled when we received our donations, which included *Olivia Saves the Circus*, a new reading-time favorite. And I’ve definitely seen a huge difference in their progress.”

3 Treat your little ghouls and goblins to a unique Halloween party this year. Milk + Bookies, a non-profit that organizes kids’ book-donation parties, will help you throw one of your own. The group will find a deserving organization, send you an inexpensive party-supply kit, and even provide cute digital invites. Get planning at milkandbookies.org/host-your-own.

4 Ask your kids’ principal to participate in Exercise the Right to Read, a school-based challenge that pairs reading with fitness to raise money for books and other materials. Students and parents who sign up promise to read for 26 minutes and jog one mile every day for 26 days, adding up to a marathon of reading *and* running! Get friends to pledge money for each mile—or minute—you and your children clock. For more info, go to exercisetherighttoread.org/schoolmainpage.html.

5 Buy your next novel at betterworldbooks.com. Purchase two or more books, enter the coupon code REDBOOK, and the site will give 11 percent of your total to the National Center for Family Literacy, which has helped educate more than one million families.

6 Save the wrapper from specially marked Nestlé candies that support their Share the Joy of Reading program. After you nosh, just enter some numbers from the wrapper at rif.celebrationcorner.com/home.aspx and Nestlé will automatically donate 10 cents to Reading Is Fundamental, the nation’s largest children’s-literacy non-profit. “All children should have books to read,” says actress Sarah Michelle Gellar, a spokesperson for the campaign. “My mother read to me nonstop and I loved it. It’s a tradition I’ve carried on with my daughter, and every child should have the opportunity to experience that.”

She wears many hats.



And we just gave her another.

From day one, Latisha Franklin has been committed to doing more for the **Boys & Girls Clubs of Greater Milwaukee**. With each program she creates – like the new community garden – she's not just making futures brighter, she's helping make a neighborhood shine. And here at Maytag, we think that kind of dependability is something to celebrate.

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WHAT'S INSIDE MATTERS™

EMERGENCY CALL TO ACTION

What you can do for famine victims in East Africa

The photos are enough to knock the wind out of you: tiny children on the brink of starvation in Ethiopia, Somalia, and Kenya. The numbers—12 million people desperate for food and water in the drought-stricken region—are horrific. Even longtime aid workers seem rattled by the situation. “I’ve been doing work in this region for more than 10 years, and I’ve never seen such human devastation,” says Kellie Leeson, 38, director of the International Rescue Committee’s aid programs in Kenya. While East Africa is no stranger to droughts, “this is the worst one in 60 years,” she says. The United States Agency for International Development estimates that 29,000 children under the age of 5 have died

from starvation, as of press time. A terrorist group contributed to the chaos by cutting off food aid to a large portion of Somalia’s hungriest population in July, forcing families to flee to Kenya for help. “I’ve heard stories from parents coming across the border who’ve lost a couple of their children along the way, or the mother who had to leave behind a child who was too weak in order to save her other children,” says Leeson. “These are the types of choices many of us can’t even fathom having to make, and it’s absolutely heart-wrenching.”

But there’s hope for the families that *do* make it to Kenya. “When malnourished kids come into our hospitals, we can usually get them enough nutrition supplements and water to



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The IRC's Kellie Leeson checks up on a malnourished Somali boy who received life-saving care at the Hagadera Hospital in Kenya.

have them back with their families in a few weeks," Leeson says. "I recently saw a 3-year-old boy who had been severely malnourished when he arrived, and we had no idea if he would survive. But in just two weeks, he was lively and alert again. As long as we can get people the treatment they need, they really are very resilient and can bounce back faster than most people realize." **A \$25 donation to the IRC can supply one dehydrated child who is too weak to eat or drink with an IV kit and fluids for two days.** Go to rescue.org/drought to give now, and while you're on the site, email a letter to your legislators urging them to send more emergency funding to victims at rescue.org/tellcongress. —JIHAN THOMPSON

SVEN TORFINN

4 MORE WAYS TO MAKE A DIFFERENCE

1 Text FOOD to 864233 to donate \$10 to UNICEF, a global organization that's the largest supplier of nutrition services to Somalia and has been working in the conflict-torn country for the last 40 years.

2 Supply a malnourished child in the drought zones with a ready-to-eat protein pack from Save the Children; it lasts for seven weeks and helps kids gain weight quickly. One kit costs \$70 (you can team up to donate with a few friends) at savethechildren.org/redbook.

3 Donate whatever you can to the World Food Programme at wfp.org/crisis/horn-of-africa. One dollar will feed hot meals to two children for a day. During the first month of the famine, the WFP airlifted enough food into the region to feed 30,000 starving young kids.

4 Gift an East African family drought-resistant seeds for crops such as corn, cabbage, and potatoes so they can be better prepared to make it through the next drought, for \$17 at worldvision.org.



is what makes it awesome

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KORAKIA PENSIONE

Palm Springs, CA
760-864-6411; korakia.com

The room: Mykonos Suite, from \$249

What's to love: This massive Mediterranean-style room—with its arched entryway, stone accents, and patio overlooking the pool—will make you feel like you've been beamed to Greece. Outdoors lanterns and a fire pit set a sexy mood at night; stretch out on a Moroccan daybed and gaze up at the stars. In the morning, get centered with a free yoga class (or sleep in).

Stay somewhere **sexy** (for less!)

We found swank hotel suites for \$250 and under, so pick one near you, drop the kids at Grandma's, and hang up that Do Not Disturb sign. By Kristin Luna



THE IRON HORSE HOTEL

Milwaukee
888-543-4766; theironhorsehotel.com

The room: Corner Alcove, from \$189

What's to love: Exposed brick, wood beams, and wall-size murals by a local artist make the Iron Horse—a restored, century-old warehouse—the coolest hotel in Milwaukee. This 625-square-foot space has a loftlike feel with sweeping views of the skyline and the Sixth Street Viaduct, a modernist bridge that connects the heart of downtown to the artsy neighborhood of Walker's Point.



THE WOODSTOCK INN & RESORT

Woodstock, VT
800-448-7900; woodstockinn.com

The room: Tavern King Junior Suite, from \$240

What's to love: Request a room with a fireplace and cozy up on the pillow-top king bed at this über-charming New England hotel. When you want some fresh air, tee off on the golf course, then relax in the steam room at the brand-new 10,000-square-foot spa.



SKY BEACH CLUB

Eleuthera, Bahamas
800-605-9869; skybeachclub.com

The room: Oceanfront Bungalow, from \$250

What's to love: It's steps from a gorgeous pink-sand beach, spans 549 square feet, and has a patio with ocean views.

The bathroom has a glass-enclosed rain shower (perfect for hopping in together) and a separate whirlpool tub. And if you ever leave the room, the hotel's infinity pool has a swim-up bar.



COURTESY OF HOTELS (4)

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THE TRUMP INTERNATIONAL HOTEL LAS VEGAS

Las Vegas
866-939-8786; trumpllasvegashotel.com

The room: One-bedroom strip-view suite, from \$249
What's to love: You'll get floor-to-ceiling views of the Vegas Strip, and the Trump attaché service arranges romantic extras like champagne delivery. If you really want to indulge, book his-and-hers massages at the hotel's luxe spa.



HOTEL HAVANA

San Antonio
210-222-2008; havanasanantonio.com

The room: King Suite, from \$195
What's to love: The 400-square-foot room in this Cuban-style boutique hotel features vintage artwork and a gorgeous wrought-iron bed. Dive into the minibar, which is stocked with mescal and Mexican beer (just add room-service guac), then stroll to Marriage Island. It's heart-shaped and said to bring couples good luck.

COURTESY OF HOTELS (2).

oops.

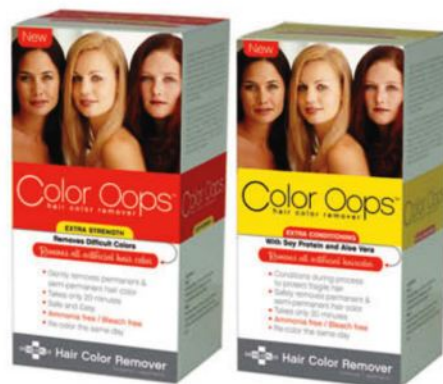


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NOW...RELAX

THE SANDERLING RESORT & SPA Duck, NC

877-650-4812; thesanderling.com

The room: Main Inn Oceanfront Suite, from \$250

What's to love: This relaxed, shore-inspired suite has a wide, inviting porch (with rockers!) that opens up to the resort's secluded beach and grass-capped dunes—perfect for watching an Outer Banks sunset or mellowing out with a glass of vino.



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COURTESY OF HOTELS (2).

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Bring on the calm with a chocolatey treat and a new BFF.

WHEN ALL ELSE FAILS...

KOOKY COPING MECHANISMS!

Before you go all *Mob Wives* on whoever, try one of these quirky stress-relievers, courtesy of a few good-and-sometimes-pissed-off REDBOOK readers:

"I throw a blanket into the dryer

for exactly five minutes, yank it out, wrap myself up in it, and go to my happy place." —MEGAN FITZWATER, 34, GREENUP, KY

"I close my eyes and say aloud:

'I choose to be happy, I choose to be happy.' I've done this on the subway, during fights with my husband—even at work!" —DIANA DOLLING-ROSS, 52, HAWTHORNE, NJ

"Instead of screaming, I belt out the chorus

of 'Sweet Caroline' at the top of my lungs, complete with the *bah bah bum*'s. It calms me every time." —ANN MISTERKA, 32, CHARDON, OH

"I used to take a long bath when I needed to relax,

but that's too time-consuming now that I'm a working mom. These days, I just sit in the tub with the shower running on me. Hey, at least I get to sit!" —JENNIFER MILLER, 38, UNION, NJ

NOW HERE'S AN IDEA!

FORGET THERAPY—GET A DOG

Julie Klam, author of the new memoir *Love at First Bark*, has been in therapy for years but swears her four dogs are better for her sanity than anyone else (including her kids and her husband). It isn't *that* far-fetched: Scientific research proves that pet owners are mentally healthier overall than non-pet owners. "They make good shrinks," Klam says, because...

...they never look for motivation. "I don't mean to sound ungrateful, and I really like my *human* therapist, but she feels this incessant need to know why I

do things. But my dogs, we understand each other. I don't ask why they sniff every object that is sticking out of the ground on our walk, and they don't question my need to smell a brand-new container of milk."

...they are endlessly patient. "For those times I have to look marginally

presentable, it takes me trying on the contents of my entire closet and dresser. Which means my family coming in and out saying, 'What was wrong with that? You're changing again?' My dogs, however, think it's the most sensible exercise in the world, not unlike their own circling of the bed 154 times to find just the right place to lie—the same place they passed the first 153 times."

...they don't wanna get paid. (No \$200 per hour for their company!) "No dog has ever asked what I do for a job or if you can actually make enough money to live as an author. All they care about is seeing me happy—the occasional piece of medium-rare filet mignon is just gravy."



MOMMY MIXOLOGIST

THE APRÈS-HALLOWEEN MILKSHAKE

Wait till your kids are finally asleep, raid their stash, and make yourself this nice little treat. Consider it payment for walking them around the whole freakin' town *twice*.

- 2 scoops vanilla ice cream
- About 10 Reese's Pieces
- 1 Reese's Peanut Butter Cup
- 1 Nestlé Crunch miniature bar
- 1/4 cup milk
- Splash of dark rum (optional)
- Ice

Directions: Combine ice cream, candy, milk, rum if you want it, and a few cubes of ice in a blender; blend on high until smooth. Pour into a milkshake glass and garnish with a few additional Reese's Pieces.



Kim Haasarud designs cocktails for top hotels, like the Four Seasons Resort Maui. Oh, and she's a mom of two. Her latest recipe book is *101 Mojitos & Other Muddled Drinks*.



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All work and no play make Mom a stir-crazy girl Bliss out with the remake of *Footloose*, a juicy memoir, and some prime-time funny.

KNOW ALL ABOUT IT

Gone girly

After scene-stealing roles in movies like *Step Brothers* and *How to Lose a Guy in 10 Days*, Kathryn Hahn is pulling double duty alongside Jennifer Aniston in the upcoming film *Wanderlust* and in NBC's new fall comedy *Free Agents*. She told us about some of the constraints of her new job.

"My character [in *Free Agents*] is usually in tight-fitting clothes. It's her armor. I saw the dress I was supposed to wear in the pilot and I was like, 'We're going to need a lot of Spanx control!' I'm usually the girl with the long armpit hair in a hippie movie, or the clumsy one, so it's awesome to be polished and have to do, like, my roots on a regular basis. It's a good excuse to keep it together because, God knows, in my off hours I do not. I even shaved my legs for this role, and got a manicure!"



WATCH IT

KICK OFF YOUR SUNDAY SHOES

Kevin Bacon backflipping in skin-tight jeans. Teens playing chicken on tractors. Prom night in all its Kenny Loggins-filled glory.... What's more feel-good than the '80s romp *Footloose*? A remake! You remember the story: A city kid (newbie Kenny Wormald) moves to a small town where dancing is banned, and shakes things up—with his hips. A feisty Julianne Hough (from *Dancing With the Stars*) plays the preacher's daughter; Dennis Quaid and Andie MacDowell costar. Our toes are already tapping.



Twenty-seven years later, the hoedown's gone a little hip-hop.

READ IT

D is for dysfunction

In her memoir *Fiction Ruined My Family*, Jeanne Darst plunges into the story of her delusional family with wicked wit and fearlessness. Her dad was a would-be writer crippled by dreams of grandeur. Her mom was a would-be social maven, clinging to country club memories, who drank like a fish. Hard as she tried *not* to follow in their footsteps, Darst grew up to pursue both drinking and writing. She eventually gave up the first, but (lucky for us) not the second.



DOWNLOAD IT

You must chill!

Pour some fancy salts in your bath, lock the door, and crank up **My Brightest Diamond's** latest, *All Things Will Unwind*. Shara Worden's haunting vocals (think Feist) mix with the orchestral stylings of chamber ensemble yMusic for an album that feels both grand in scale and incredibly intimate. Our favorite

track is "I Have Never Loved Someone," a lullaby from a mom to her newborn son. (We dare you not to blubber at this verse: "And when I grow to be a poppy in the graveyard/ I will send you all my love upon the breeze/And if the breeze won't blow your way/...I will find some other way to tell you, you're okay.")



Get your gore on: AMC's cult hit series *The Walking Dead* returns from the... well, you know, for the season-two premiere on October 16.



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J

illian Michaels, the woman who got America to do beyond the gym. She's helping people chase down

By Amy Spencer Photographed by Sheryl Nields



“We all have to work for happiness”

“I wasn’t spoiled as a kid and I don’t believe in it,” says Jillian. “My kids will have boundaries. I’ll want them to always go, ‘Okay, this is within my reach. I just have to work for it.’”

more push-ups than they ever thought possible, is moving their big dreams, and going after her own: becoming a mom.

J



"I don't feel pressure in relationships," Jillian says. "Like, if I die single, I'm fine with that. Which is probably not a good thing!"

Jillian Michaels's words have impact. *Literally*. Because sometimes she gets so into what she's saying, she pounds the table for emphasis with (bang) every (bang) word (bang). Not that I wouldn't have listened anyway: Turns out the personal trainer turned media mogul doesn't have to be standing over you in a gym and yelling to command your attention. Nope, she's plenty compelling over lunch in Malibu on a Monday afternoon. (Her order: shrimp cocktail, ahi tuna sliders, and iced tea, which comes with a side of warnings from her about the glycemic index of sweeteners.)

Dressed in plaid Bermuda shorts, flip-flops, and a white T-shirt that shows off her sculpted arms, Jillian contorts her face dramatically and curses a blue streak while making her points. In other words, she's a hoot. Especially when she's as excited—and frustrated—as she is right now about where her life is headed next. She's thrilled by some major changes: After 11 seasons on the NBC hit *The Biggest Loser* and one season of her own show, *Losing It With Jillian*, TV's toughest trainer is moving to daytime, soon to become the fifth host of *The Doctors* and a special correspondent for *Dr. Phil*. And she's working on her most personal passion project, adopting a baby from the Democratic Republic of the Congo. She just wishes motherhood would hurry up and happen. Between tossing bits of bread to a seagull hobbling around the table with a broken wing ("People get so mad at me for feeding them. I'm like, 'I can't help it!'"), Jillian gets frank about her struggle to adopt, the relationship she tries to keep private, and how anyone can face down their biggest fears.

REDBOOK You talk a lot about your mom being your biggest role model. What did you go to her for when you were younger, and what do you rely on her for now?

JILLIAN MICHAELS I looked to my mom as an example. And this is what I try to tell so many women: that my mom had a career, and she went to the gym. She took care of herself. I think that when moms just give themselves up, the kids know. They feel guilty, they resent their mother for making them feel guilty, and then

they grow up and do the same thing. Whereas my mother showed me that it's okay to focus on yourself. As an adult, I go to my mom when things are as sh---y as they can possibly be, and she helps me have perspective. So if I'm like, *Mother of God, I've been working on this adoption for almost two years*, she gets the call.

RB Two years is a long time.

JM I've watched friends congratulate me on [starting] the process, get pregnant themselves, have a baby, and then their baby's crawling. People are lapping me. My best friend just told me she's pregnant, and of course I'm ecstatic, but I'm also like, *Uhhh! [gestures stabbing herself]*. Like, I want my kid to be playing with your kids! It's just a nightmare.

RB Did you ever consider doing it naturally? I know you've had some health issues...

JM Turns out I had PCOS (polycystic ovarian syndrome). But at a young age, I didn't know if I wanted kids, so I didn't really care. Then I got older, and I watched friends go through IVF, with years of hormones and devastation and disappointment, and I remember thinking, *God wants something different for me. If I choose to pursue this path, I'll adopt*. And when I was finally ready to go for it, I thought, *This is going to be so easy*. I am *such* an a--hole. I had nooo idea. I mean, you're just waiting.... If it's not done by this November, I'm going to take my shot with foster care.

RB On *Losing It With Jillian*, you moved in with families to help them deal with their conflicts and get healthier. Did that make you want a family?

JM That was what pushed it over the edge. There were these two little girls, Lily and Chloe, and I just fell in love with them. I was doing their makeup, we were making brownies, and I was like, *I do not want to get to the end of my life and miss this*. If I sacrifice

Get Jillian's day-by-day plan for a sexy body by springtime at redbookmag.com/jilliantips.

power, if I sacrifice wealth to be a mother, so be it [*slams the table*]. I could open up a little gym, and I would be blissfully happy.

RB How did you decide to leave *The Biggest Loser*?

JM I've wanted to be in daytime television for a long time, because that's where you can convey a message. On prime time, it's like *Jersey Shore* and *The Desperate Housewives of Some Dumb-ass County*. It's just train-wreck television. And it rates. [On *The Biggest Loser*] I would have long conversations with contestants about unearthing stuff from their past, and none of it would air. They grunt, they cry, I'm like, "You can do it," they say, "I believe in myself," and the scene's over. [*Looks at the limping seagull*] I'm going to need to save that guy before we go.

RB The mom in you comes out already.

JM I'd throw myself in front of a train for a kid or, like, a pigeon.

RB Will you be parenting on your own? Or do you have somebody in your life?

JM I'm adopting as a single parent. I am seeing someone, [but] I keep their life private, because the email has been hacked, the Facebook has been hacked....

RB You said in your book, *Unlimited: How to Build an Exceptional Life*, "relationships were not my strong point." Do you feel like they're stronger now?

JM I'm making huge progress. In the past, if something made me feel vulnerable, I would shut down. Now I'm really good at saying, "Okay, I'm feeling insecure." I'm dating someone who's a twin, so it's like, "Your relationship with your twin really intimidates me because you guys share everything." If you can't be vulnerable, how can you work on something? How can it improve?

RB You also talk about how what you do is so not about fitness. What do you mean by that?

JM Fitness is a tool I utilize to build confidence. If somebody thinks, *I'm weak, I'm fat, I'm lazy*, that's their reality. I can have

them run a mile or do 20 push-ups, and then they're like, "Oh, my God, if I'm capable of this, what else can I do?" It's so funny because I can relate to them. I'll tell them, "I hate working out too."

RB Seriously?

JM I mean it. I was in Bob's [that's Bob Harper, Jillian's fellow trainer from *The Biggest Loser*] spin class on Saturday and I was like this [*stares intensely up at an imaginary clock*]. And Bob's like, "Jillian, dammit! Get your eyes off the clock!" Oh, I was miserable!

RB So funny! Even you need a trainer to kick your butt. How does someone know they're ready for change?

JM You feel it [*laughs*]. You wake up in the morning and you're miserable. Or you're numb. If you feel nothing, obviously you're shutting down the parts of you that are unhappy. We've evolved to have emotions for a reason. They *guide* us.

RB I had a job where I knew it was time to go because I was putting on my pants one morning...

JM And you started to cry?

RB I started to cry!

JM There you go.

RB What would you tell other women about how to face their fears if they feel like they do want that change?

JM They have to trust. I can't tell you how many people tried to talk me out of leaving [*The Biggest Loser*]. *Everyone*. People are really fear-based, and many have this monkey-bar approach to life, like you can't leave one spot until you're holding on to the next monkey bar. But by going straight to the next thing, you never get time to reflect or to create space for what's right. We all have to work for happiness. And you *cannot* listen to [the advice of] other people. That is the worst mistake you can make. You've got to listen—and I hate to say this, because it sounds sort of hocus-pocus—to the universe, to life, to God, whatever you want to call it. Because it's going to speak to you. ☺

Jillian's rules for a slim body this winter

We couldn't let Jillian leave our interview without asking for her best tips on beating winter weight gain. Her commandments:

1 **Pick your days to splurge.** "People think, *It's the holidays!* and go nuts for four months. But if you break it down, the holidays are only four days of the year: Halloween, Thanksgiving, Christmas or Hanukkah or whatever you celebrate, and New Year's. Allow yourself a few parties, but be mindful the rest of the time."

2 **Schedule future workouts.** "Grab a class schedule from your gym, plan to meet up with a buddy, or, if you'll be traveling, pick a hotel with a gym. Look several months ahead, see where the obstacles lie, and figure out ways to overcome them."

3 **Don't beat yourself up if you slip.** "Think of it this way: If you got a flat tire, what would you do? Change the tire? Or get out of the car and *slash* the other three tires? No! Get back on the road. Don't dwell on it, don't beat yourself up. That gets you nowhere."

4 **Focus on the big picture.** "Always ask yourself, 'What is it I really want?' For example, I woke up this morning and I wanted doughnuts, but I wake up *every* morning and I want doughnuts. So then I'm like, *How am I gonna feel if I eat one? How am I gonna feel when my body looks like crap?* Put your choices in perspective."



STYLE
No 1
CROPPED
and
SLOUCHY

These relaxed, pleated trousers have a boyish charm. Look for ones that hit a couple inches above the ankle and have a wide waistband that cinches your middle. Then tuck in your top to show off your shape.

Pants, Chaiken and Capone, \$238. Blouse, Loft, \$49.50. Cardigan, Beth Bowley, \$242. Necklace, Agabhumi the Best of Bali, \$84. Flats, Loeffler Randall, \$325.

Put some
PANTS
on, already!

Trousers are having a major moment for fall, coming in enough great, figure-flattering styles to convert even the most pantsophobic among us. We've found the five that'll suit your body *and* your life.

Photographed by Joseph Montezinos



STYLE No 2

BRIGHT RED

This lipstick-y shade is the biggest color of the fall—and it gives you a whopping dose of playful chic. Pick a pair with clean, slim lines and match 'em with something soft and neutral up top.

Pants, Caché, \$128.
Earrings, Max & Chloe, \$32.
Top, Isaac Mizrahi for QVC, \$39. Cuff, Sushma Patel, \$70. Clutch, Rampage Handbags, \$68. Shoes, Daniblack, \$150.



STYLE No 3 STRETCHY CIGARETTE

The new slim-cut pants fit snugly but have enough substance to keep them from feeling leggings-like (thank God). Go for ones that hit right above the ankle, and wear them with a hip-length blazer: It'll ward off any butt/thigh-related anxiety.

Pants, H&M, \$60. Shirt, Karl Lagerfeld for Impulse Only at Macy's, \$89. Blazer, Agnès B., \$645. Ring, Nina Nguyen, \$300. Booties, Ann Taylor, \$248.



STYLE No 4 SOFT and SILKY

Somewhere between a superluxe harem pant and your fave sweats, these have an easy look that's still elegant. Choose a pair that's narrow-ish—not tight but not baggy—through the thighs. Then match it with an equally rich-and-effortless sweater.

Pants, Rachel Comey, \$380.

Sweater, Uniqlo, \$90.

Necklace, LilahGabriel, \$164.

Bangle, SKU Jewelry, \$125.

Flats, French Sole, \$265.

STYLE No 5

HIGH-WAISTED *and* WIDE-LEGGED

These '70s trousers are classic for a reason: They make legs look miles long. For best results, wear them with heels, hemmed so they hang only about an inch off the floor. (And if you're on the curvier side, go for ones in darker colors.) Then tuck in your shirt to play up your suddenly teeny-tiny waist.

Pants, Long Tall Sally, \$105. Shirt, Victoria's Secret Catalogue, \$70. Necklaces, Loft, \$34.50 each. Belt, Leighelena, \$135. Shoes, MYMU, \$328.

Fashion editor: Audrey Slater. See shopping guide, last pages, for details.



50 (weird) things he loves about you

When we asked average guys, honest writers, and a few of our favorite celebs to single out the little traits they adore in their wives and girlfriends, they gave some *odd* answers. Love really is strange (and wonderful). By Meredith Bodgas

"Rachel makes wishes at 11:11— a.m. and p.m. We'll be mid-conversation, but if she notices the time, she'll stay quiet for the entire minute so she can make as many wishes as possible."

—RUSS PEACHMAN, 40, WESTFIELD, NJ

"When Whitney accomplishes something big, she clenches her fists, then speaks fast in Spanish like a kid who's full of joy. She just can't contain her excitement!"

—LEANDRO FERNANDEZ, 29, SEATTLE

"I love when I get home at night and Tyna's halfway through making dinner—with her coat and shoes still on. She's just *that* focused."

—JIM SENEAL, 30, STAMFORD, VT

"She still sneaks candy, as if the kids and I don't see that there's a bowl kind of hidden in a drawer."

—SUGARLAND GUITARIST KRISTIAN BUSH ON HIS WIFE, JILL JOYNER BUSH



"Virginia really knows how to bring our family together on holidays. From Christmas to St. Patrick's Day, she makes sure we keep to our traditions—even when those traditions add up to five-hour-long rituals."

—BOB POTHIER, 45,
MENOMONEE FALLS, WI

"My wife always wakes up to kiss me goodnight when I come to bed, no matter how tired she is or how deep of a sleep she seems to be in. I try not to disturb her if I get home too late, but she *always* smooches me."

—JEFF TRANELL,
33, STATE COLLEGE, PA

"I have a raccoon puppet from childhood. Hayden changed his name from Rocky to Pablo, and puts it on and has it speak to me in Spanish. Now I can't help but call it Pablo!"

—BRIAN ABEND, 27, WORCESTER, MA



"Stephanie muddles words with such certainty that one wouldn't dare correct her. She's been calling Tupperware 'tub-a-ware' for years."

—KYLE TURNER, 27, DALLAS

"She is able to spot the highway patrol better than I can. We took a big road trip, and she was like, 'There's one right there!' It's a really good skill to have!"

—COMMUNITY STAR JOEL MCHALE
ON HIS WIFE, SARAH WILLIAMS

"No dish is off-limits for breakfast to Daniela. Pizza, soup, chicken cutlets, lentils, cake, whatever. If it's edible, in her mind it's the perfect thing to eat for breakfast."

—JASON ESPOSITO, 31, ROCKLAND, ME

The other day I noticed that my family's white cat had a racing stripe of deep purple paint along a swath of her fur. My wife had a similar streak—two, actually, Pocahontas-like, each the width of a fingertip—on her cheek. She had not been trying to paint the cat, but she is an artist, and when at work, she makes a finger-painting toddler look tidy.

She would have made one hell of a preschool teacher, and not because she is so patient with little kids, though she is. It's that she can pull off that swipes-of-paint-on-a-denim-shirt look. When she is at work in her studio on the second floor of our house, she is likely to be wearing one of my old shirts as a

smock, the sleeves rolled up, the once-cerulean fabric faded to a robin's-egg blue and covered with phantasmagoric splotches of color. Think the Vermont foliage in autumn, a kaleidoscopic carousel in the spring.

And I find the look absolutely irresistible. I especially love the way she rolls her moonstone-blue eyes and shakes her head, smiling, when I point discreetly at her forehead or cheek or a wisp of her yellow hair to let her know that a part of her picture is on her beautiful face.

—New York Times best-selling author Chris Bohjalian's
13th novel, *The Night Strangers*, is out this month.

REGGIE CASAGRANDE/GETTY IMAGES.

"I adore that my wife tries to follow the sports I like and chat with me about them. She has no clue what she's talking about, but I never let on."

—MARK GONICK, 35, FORT MYERS, FL

"My wife is a very capable woman. But when she sees a spider, she screams 'Oh, my God!' which is my cue to go kill it. It's a good feeling to be so needed." —HENRY WONG, 35, MINEOLA, NY

"Abby and our dog, Oreo, have a daily ritual: They howl together, getting progressively louder as if they're chanting or cheering. It's the funniest thing." —MIKE SLOANE, 34, PHILADELPHIA

"My wife tries so hard to sing. She thinks she's right on key but is so far from it. Adorable!" —RYAN JENKINS, 32, TERRE HAUTE, IN

"I love how she always says, 'Well, they say...' and whenever I ask who 'they' is, it turns out to be her dad. Cracks me up." —ALAN PONGA, 37, BROOKLYN, NY

"Johnna has uncontrollable jazz hands every time she dances for our daughter. It's as if her fingers are having seizures or are possessed by Duke Ellington."

—SCOTT CONGER, 37, PORTLAND, OR

"Brooke wears an eye mask and earplugs to bed most nights. Sometimes it makes me think my 29-year-old wife is a 92-year-old grandma, but it's still cute to lie next to such an old lady caught in a young woman's body."

—BRIAN GLASSBERG, 38, METUCHEN, NJ

"Shannon is a songwriter, so you'd expect her to write me beautiful love songs, right? The titles of her songs about me: 'Social-Norm Enforcer' and 'Too Fat to Skateboard.' Her quirky sense of humor is why I fell in love with her."

—JEFFREY GANGEMI, 32, BURLINGTON, VT

"I love the way Theo looks at me. She peeks out of the corner of her eye with a mischievous smile, like she's got a secret for just the two of us." —TYREE STOKELY, 37, PLAINFIELD, NJ

I'm in awe of how devoted my wife is to her close circle of friends—namely Bethenny, Mallory, and Ashley. Granted, she's never actually met any of these people. But she sees them every week on *Real Housewives*, *The Amazing Race*, and *The Bachelorette*, and they are always in her thoughts.

Yes, my wife is a reality show addict, and I love her for it.

Just listening to her as she watches these heavily edited docusoaps makes me smile. She sounds like she's at a Baptist church doing a call-and-response with the preacher. "Yes! That's right! Oh yeah!" Or maybe like she's having sex.

Some people might think that spending hours watching reality shows is a waste of time. Julie herself feels guilty about it. I say that's absurd. It shows Julie at her best. It shows her compassion. She actually wept for joy at the end of the cheesy show *Joe Millionaire*, when the construction worker and the substitute teacher slow danced.

It shows her sense of justice. She was so outraged by Bentley on *The Bachelorette*—a callous rake who toyed with our heroine's heart—that she paused the Tivo, stood up in front of the TV, and gave him an obscenity-laced lecture.

Most of all, it shows her faith in the goodness of people and her belief in the possibility of true love. When the Bachelor and Bachelorette break up two weeks after the show's over, I'm about as surprised as I am when water comes out of a faucet. But Julie always shakes her head with genuine disappointment. "I really thought they would last."

Yeah, fat chance. It's all a put-on. But I do know this for sure: I love my wife for real.

—A.J. Jacobs is editor-at-large at *Esquire* and the best-selling author of *The Year of Living Biblically*. His latest book is *My Life as an Experiment*.

You know those people who do a full-body check in every reflective surface—I see plenty of that in L.A. Idina is not that person. First, she's too busy: She just founded A Broad-er Way, a charity camp for girls interested in the arts; she tours the country for her new album every weekend; she's in the midst of creating two musicals and producing a TV show; and she still comes home with the energy to be a great mother and wife. But really, you'll never find her mesmerized by her reflection, because she's a low-maintenance type of chick. Once she's dressed, she doesn't worry about it for the rest of the day. Except...

There's that moment right before she leaves the house, when she checks herself out and puts on her model face and pose. Sure, every woman does it, but she has a routine—it's the same every time. She'll do this thing where she'll suck in her cheeks a bit, and then put both hands in her pockets and hunch her shoulders and then move the weight between her left and right foot as if she's walking, just to make sure her outfit is hanging properly.

Why do I love watching that so much? Well, she looks good doing it and, most importantly, she knows she looks good doing it. She also never poses like that in real life, *ever*, but she realizes how much it entertains me—I laugh every time. Knowing that we've earned the right to laugh at each other without feeling like we're being made fun of (believe me, I have things that crack her up too) shows how relaxed we are with each other. That kind of comfort is a relief.

—Taye Diggs, star of *Private Practice* and author of the new children's book *Chocolate Me!*, is married to actress Idina Menzel.

"Debbie always cracks up at her own jokes. Even if it's just the two of us hanging out, it's guaranteed she will sit there hysterically laughing, and then I do too." —JARED DIMICHELE, 29, BOSTON

"Sam always steals my water at restaurants once she finishes hers. What really makes me smile is that she thinks she's being sneaky about it."

—RUSSELL WALSH, 27, DENVER

"She pretends she's a reporter. When we're watching the news, she'll lower the volume and speak into her microphone/fist. 'Jenni Shahin here, standing at the volcano eruption. It's pretty hot!'" —JOHN SHAHIN, 33, LYNDBURST, NJ

"Alina's like a mind-reader. Once I said, 'Guess what?' and she answered, 'We're going to Paris.' And we were!" —JAMES AGRES, 32, CHICAGO

"Andrea likes to look up at me, smile, and say, 'You know you love me' when she's getting away with something. And I do, so..." —JOHN SOTELLO, 30, HOUSTON

"Ellie names pretty much every animal she sees more than once. There's Mr. & Mrs. Peabody, the mourning doves on our balcony; Potato, the neighborhood rabbit... the list goes on and on."

—IAN CLIFFE, 30, MILWAUKEE



"When Lauren eats too much sugar, she goes into hysterics and starts to cry—it's kinda crazy, but that's why I love her."

—JOE BURFITT, 34, PITTSBURGH

"My wife is a human jukebox. She knows lyrics, groups, and the release years of the most obscure songs. I have won many trivia contests because of it." —ERIC MONTAÑEZ, 37, DELRAY BEACH, FL

"My Angie is the only woman I know who can have a deep conversation about how Moore's Law relates to hedge fund investing, and the very next minute veg out to old episodes of *Jackass*." —JOE STALLINGS, 41, ATLANTA

CAVAN IMAGES/GETTY IMAGES.

"She'll just be sitting there and then burp out of nowhere! I just love it because it's so random. You never know what she's going to do, but it makes life with her fun."

—NFL PLAYER HANK BASKETT
ON WIFE KENDRA WILKINSON

"My lovely bride has a habit of waking me up in the middle of the night by talking in her sleep... a lot. But I can't be mad at her, because she's usually giggling or flat-out laughing, which I find simply adorable."

—MICHAEL HARNEY, 37, BLOOMFIELD, NJ



"She has never seen *Star Wars* but loves me enough to have bought me a light saber for my birthday."

—BILLY STRICKLAND, 38, CHARLOTTE, NC

"Amaren's impressions of people make me laugh so hard. The best is the one of me—it always puts me in my place."

—LUKE CLEMENTS, 35, PORTLAND, OR

"Even though I sleep on the very edge of our king-size bed, Cathleen always has to press herself into a nook on my body."

—STEVE HERMAN, 29, STATEN ISLAND, NY

"We like to play puzzle games, and when Drea gets a good score, she shouts 'puzzle master!' and waves her arms around."

—PETE RAGIAS, 27, SAN LEANDRO, CA

"My wife can't sleep after watching zombie movies. She's fine with other thrillers, but if a creature extends its hands and moans '*brains*,' we're up all night philosophically analyzing zombies."

—JACOB STARMER, 34,
CAMBRIDGE, MA

"Ashley has to cover every single inch of her bread or bagel with a condiment. It's just so *her*, it makes me love her more."

—JOSHUA LEVINE, 31, REGO PARK, NY

Recently, our boys asked, "Is mom Supergirl or Wonder Woman?" Like there's a big difference at that echelon. Still, right away I said Wonder Woman.

Of course, what adults know that kids don't is that every superhero has a weakness: Superman dreads kryptonite, Achilles had bad heels. And Wonder Woman—Susan, my dearest friend, wife of eight years, who is smart, sensible, shapely, and vivacious, a patient mother and spouse, and whose industry and talent humble me daily—has weird toenails. I'm not allowed to provide details. Suffice it to say they cause much distress in the heart of my super-spouse, and that the most expensive pedicure yet devised by Earth's

scientists cannot do more than temporarily disguise them.

And yet, when Wonder Woman rests from her labors and reclines on the sofa to watch *Glee* or *Shark Tank* and places her bare feet on my lap, toenails in full view, I feel blessed. Ten small gifts have been bestowed on me; only I have been chosen to see them, to hold them in my hands and cherish them. It's said that every Persian rug is made with a faulty stitch, a flaw, so that its perfection will not offend heaven. That explains everything. May her toenails always grow oddly, her wonders never cease.

—Alan Burdick writes for *OnEarth* and is the author of *National Book Award* finalist *Out of Eden: An Odyssey of Ecological Invasion*.

1 Dream Room 23 Real Ideas



"A space for kids doesn't have to be chaotic," says designer Jeffrey Bilhuber of the vintage-inspired playroom he created for his son. (Look, you can actually see the floor!) Here's to kicking back and staying classy.





Dream Room



➔ Designer tips

➊ Make the most of structural beams and struts (this room is in the attic) by hanging planes, flags, or anything else from them. ➋ Pick a theme. Billhuber went with nautical accents as an ode to the home's seaside location on New York's Long Island. ➌ No molding? No problem! Divide the upper and lower portions of the walls by hanging framed prints or photos in a straight line at eye level. ➍ Top a pale wood floor with a neutral rug—the monochromatic effect anchors the space and lets bright colors pop. ➎ Avoid bumps and bruises by placing furniture in the center of the room. “It acts as a racetrack for kids to run around,” says Billhuber, who shares more of his decorating savvy in his book *The Way Home: Reflections on American Beauty*. Good stuff!



Start with **fresh-colored** walls and a grown-up fabric. Then get

➊ **A string of flags** adds a snappy feel and lends coziness to a lofty room. Nylon signal flags string pennants, \$49.39; flagandbanner.com. ➋ **This cotton quilt** shows a pretty pattern any way you fold it. Hand-blocked medallion twin quilt, \$89; westelm.com. ➌ **The best kind of model boat:** It comes pre-assembled and painted. Fish Stalker 14-inch, \$39.99; handcraftedmodelships.com. ➍ **A patterned chair** helps hide stains. Billhuber used custom slipcovers in gingham; ticking stripe is easier to find and has the same timeless, preppy appeal. Pine Point slipcovered chair in navy ticking stripe, \$999; ilbean.com. ➎ **Any upper-floor space needs a fan**—especially after an hour of playing pirates. Harbor Breeze 52-inch Herndon aged iron ceiling fan, \$100; lowes.com. ➏ **A small bench** triples as a craft table, game storage, and an extra seat. Alaterre Collection Shaker cottage bench in chocolate, \$145; stacksandstacks.com. ➐ **Shed a little light** on artwork and photos. Double brass picture light, \$149; ethanallen.com. ➑ **Speaking of art**, frame this guy or search eBay for vintage prints that fit your decor theme. “Graceful Sailing Yacht IV” by Carl Ellie, \$14.99; art.com.

ROOM: FRANÇOIS HALARD/TRUNK
ARCHIVE: FLAGS: QUILT: CHALKBOARD:
PHILIP FRIEDMAN/STUDIO D.



Pick toys that
are fun yet still
cool enough for
grown-ups

playful by adding **classic** toys and details you'll *all* love looking at.

AIRPLANE: LARA ROBBY/STUDIO D. OTHER
STILLS: COURTESY OF MANUFACTURERS.

14 It's a bird! It's a plane! Hanging clipper airplane, \$89; potterybarnkids.com. **15 Aww. Penguins.** Aurora World 12-inch Emperor mama and baby penguin, \$15.99; amazon.com. **16 Save your walls from scribble** with a well-placed chalkboard. Large framed chalkboard, \$149; potterybarn.com. **17 The perfect,** elusive pale sky-blue paint color. Accolade interior paint, Prologue #21-2, \$41.99 per gallon; prattandlambert.com for stores. **18 Match your sofa** to your chair to create a cohesive focal point. Pine Point slipcovered sofa in navy ticking stripe, \$1,499; llbean.com. **19 Ring! Ring!** Your iPhone has nothing on this stylish relic. CR62 Kettle Classic desk phone, \$49.95; crosleyradio.com. **20 Retro brass lamps** deliver a soft glow. Library swing-arm table lamp, \$195; restorationhardware.com. **21 Flip this reversible rug** and the dirt just disappears! 8x11-foot General Rugs Shetland Collection Stockbridge II calico rug, \$299; rugsusa.com. **22 A pillow that brightens your couch** in the most charming way. Life-preserver throw pillow, \$29; landofnod.com. **23 The floral fabric on this ottoman** mixes things up so you're not matchy-matchy. Nailhead ottoman in Roselle Spice, \$429; ballarddesigns.com.



Children of
alcoholics
are four times
more likely
to develop
a drinking
problem than
other children.

PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D. PROP STYLIST: STEPHANIE HANES.

"Mommy is an alcoholic"

Moms can't stop joking these days, "Time for a drink yet?" But the laughing stops for women who find themselves spiraling into addiction. Read this raw, riveting wake-up call from mom bloggers who took to their keyboards to get themselves—and each other—sober. By Nancy Ramsey

It's 10 p.m., and I come out of a grey-out. I'm yelling at my husband about something—what?—I can't remember. He looks at me with hurt and disgust and heads upstairs to bed. I'm crying, but I don't know why. I turn on some sad music, flop on the couch and sob. Nobody understands me. I'm unlovable. I need a drink. I tiptoe to the bathroom and rummage around under the folded towels until I find the hidden water bottle. It's empty. I begin to panic. I can't be out. I'll never make it. And then I remember another stash in the back of the coat closet.

This is how Ellie Schoenberger, 42, recalls her life of drinking on One Crafty Mother, a jewelry-making blog that became an alcoholic's recovery journal. There she was, a graduate of Dartmouth, married, with two beautiful children and a high-paying job that allowed her to work from home. And yet, day after day, she risked it all for another glass of wine, and another, and another. It's commonplace for moms to wisecrack online about imbibing to stay sane when they're home with their children. The Facebook page "OMG I need a glass of wine or I'm gonna sell my kids" is liked by 112,500 people. We at REDBOOK indulge in this kind of humor too: Our Mommy Mixologist pokes fun at the pressures of parenting with—what else?—a cocktail recipe. But not everybody's laughing. Recent statistics show that more and more moms are drinking wine like apple juice: An estimated 5.3 million women in the United States have risky drinking habits, and it's estimated that one in four U.S. children has an alcoholic parent.

Ellie, who lives in a Massachusetts suburb, was one of the first female bloggers to admit that she wasn't just a fun, pro-cocktail

mom but, rather, a full-on alcoholic. She started writing honestly about her addiction in 2008, and watched something unexpected happen: Inspired by her openness, some of Ellie's readers revealed their struggles with alcohol on their own blogs; other women read those posts and did the same. She set off a chain reaction of women pulling each other out of addiction and into sobriety, all online. You're about to meet three of them, as well as Deb, a blogger still coming to terms with her daily craving for alcohol and her inability to stop at one glass. Can this powerful online sisterhood help her sort it out?

by the time Ellie sought help, she was downing 8 to 10 drinks a day and hiding bottles all over the house to keep a constant buzz. Without it, she'd start to show the effects of withdrawal in a few hours. "They say alcoholics can get off the 'down' elevator any time," she says. "I took mine to the sub-basement."

Ellie and alcohol were an unhealthy match from the start. She had her first drink at 12 years old, and recalls how her feelings of shyness and anxiety faded with each sip. At college, she drank three nights a week—"normal college drinking," she calls it—but she didn't slow down when she graduated. "I wanted to go out and have fun," she says. "I'd be the last one of my friends home." By her late 20s, Ellie had moments when she worried about her drinking. When she read Carolyn Knapp's bleak 1996 memoir *Drinking: A Love Story*, she saw bits of herself, and it scared her. And early in her marriage, when she'd pour a third glass of wine, her husband, Steve, would often say, "Really, Ellie? Why do you feel you need to do that?" ►

She didn't feel the need during her first pregnancy, in 2002. Thrilled with her baby bump, Ellie was newly secure in her identity and happily gave up drinking. "I loved being pregnant," she says. "I was growing a baby inside of me, and I felt whole." After her daughter was born, she quit her job as a high-powered corporate headhunter. It was a screeching halt she wasn't emotionally prepared for. "I thought that staying home was what good moms did, and with my husband's job as an insurance broker, we could afford it," she says. "As soon as I made that choice, though, I went into a depression. I had a lot of anxiety about being a mother. I'd think: *Am I doing this right?*"

Stuck at home with a new baby, Ellie decided that a glass of wine at 4 in the afternoon wasn't a bad idea. What else did she have to do? But 4 o'clock soon turned into 3 o'clock, which turned into 2. "Very, very quickly, alcohol became my crutch," she says. "Motherhood was like pouring gasoline on the fire."

Ellie didn't drink during her second pregnancy, but she resumed two months after her son was born. Before long, she was filling white wine bottles with water in the back of the refrigerator so no one would notice how much was gone, and hiding half-full bottles in the hamper and the washing machine so that she could sneak sips when nobody was watching.

Craving structure, she went back to her job as a headhunter, this time working from home. Her husband would whisk their kids, then 4 and 1, to day care on his way to the office so Ellie could start her workday. But instead, she'd wait for his car to disappear from the driveway and head to the liquor store at 9 a.m.

"I'd get a jug of wine and sip it all day," Ellie says. "If I had a tough call for work, I'd take a few sips. To trick myself out of what I was doing, I'd pour the wine into a coffee cup or drink it out of a water bottle." In the afternoon, she'd tell her husband that she was busy so he'd pick the kids up from school and day care—but she knew, and he suspected, that she was simply too drunk to drive. (Eventually, he took her keys and money away before leaving the house in the morning.) "He knew I had a problem, and I was telling him it would stop," Ellie recalls. "He tried to fix it on his own. Nobody wants to admit he has an alcoholic wife."

The cat-and-mouse game continued for several months. Then, at her husband's urging, Ellie said she would give up drinking and go to recovery meetings—though it was mostly to get him off her back. She did attend some, but the outings also provided good cover for going to the liquor store. Next she attended an outpatient rehab program, but drank right through it.

Things got even worse. After the kids went to sleep, Ellie would keep sipping until about 9 o'clock, then she'd go to bed too. Conking out was easy enough, but she'd often wake up in the middle of the night, shaking and sweating from just a few hours of

withdrawal. So she would sneak out of bed, tiptoe downstairs, and knock back more wine. Just like that, the sick feeling would go away and she'd fall back asleep.

"I had crossed that invisible line from emotional addiction into physical," she says about the last nine months of her drinking. Steve eventually staged an intervention with Ellie's parents and sister, and the group convinced her to enroll in a 10-day inpatient stay at a nearby rehabilitation center. The very day she got home, Steve left the house for two hours and came back to find Ellie passed out on the couch, about 10 airline-size bottles of liquor scattered around her. "That's when he said, 'I'm done. I love you, but not unconditionally. I don't care what you do with your life, but you can't be part of mine and the kids' if you're going to keep drinking.'"

That afternoon, alone in her room back at the rehab center, Ellie thought, *I'm not good for my children, I'm not good for my husband. I don't care if I live or die.*

But she made it through a 30-day program, and once sober, her outlook slowly changed. "The first six months were white-knuckling, skin-of-your-teeth surviving, because I couldn't not

be in my kitchen or not be with my children. I was trying to get sober surrounded by the things I had been using alcohol to numb myself from," she says. "I hon-

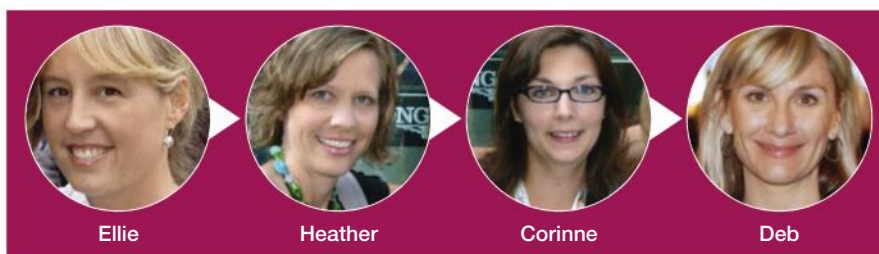
estly don't know what kept me from drinking, but I think it was pride. I didn't want to be the woman who lost her kids."

Twelve-step meetings helped, and so did another outlet:

blogging. "I started One Crafty Mother almost a year after I got sober," Ellie says. By then she was no longer working; her rehab counselor had told her that she needed to simplify her life and concentrate on recovery. So she took up jewelry making and blogged about it, at least at first: "I thought I was going to write about my jewelry business, but instead it turned into a place for me to talk about drinking." Within weeks, it was all about recovery, so eventually she began a new blog, *Crying Out Now*, where she and readers could share their stories. In her first post, Ellie wrote: *Addiction, at the risk of sounding cliché, was like spending many years inside a dark movie theater, watching my life play out on the screen. There, but not there... always one step removed from what was going on.*

Four years later, she has a total of 16,000 readers per month, and, she says, "On an average week, between 10 and 20 people will write, 'I see myself in your story. I haven't told anyone this before. What can I do?'"

Helping others helps Ellie stay sober. "When you're no longer being congratulated for not drinking, hearing other people's stories, whether at a recovery meeting or on a blog post, keeps the horrors of alcoholism fresh," she says. Ellie's heard it all—



"I'D POUR WINE INTO A
COFFEE CUP OR DRINK IT
OUT OF A WATER BOTTLE."

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the story of a woman sober for a dozen years having a glass of champagne at a wedding, another licking her finger when cooking with wine, only to come stumbling into a meeting six months later, having lost everything.

One woman reading Ellie's posts was Heather King, a mother of three, ages 6, 4, and 4 months, and author of the popular blog *The Extraordinary Ordinary*, known for its candid mom stories. Like Ellie, Heather went into depression after giving birth to her first child, at 30. She thought alcohol was helping her cope, but "I didn't have an off switch," she says.

"I had quite a commute from work, often leaving me with just an hour to spend with my son before he went to bed. But I'd still go 15 minutes out of my way to pick up a bottle of wine," she says. Heather would tell herself that it wasn't a big deal, that her son wouldn't even remember. "The wine was my treat to myself."

Though Heather was already an established blogger when her drinking spun out of control, she never posted about it. She did, however, take comfort in reading other mom bloggers who drank, and followed Ellie's blog, without commenting, for months. "It was inspiring. I felt a kindred-spirit connection," she says. "The way she described the obsession to drink, and how the days of motherhood can be so busy but so boring—it was exactly how I was feeling. It helped me come to terms with being an alcoholic."

She particularly remembers this excerpt from Ellie's blog, from November 29, 2009: *See that glass in your hand? The deep red swirl of wine? You think it makes the fear, the insecurity, the weariness all better, don't you? You feel it masks the anxiety, the self-doubt, the boredom. Know this: it masks the love, the joy and the laughter, too. You are trying to erase yourself from the picture, a little at a time, because you don't believe you're good enough.*

"I can't say there's no way I'd be sober without bloggers like Ellie, but they were huge stepping stones," says Heather. "It took me a long time to believe I could quit. I thought, *Well, they're stronger than me.* But I read their blogs and I knew I wasn't alone. It planted the seed that maybe I could quit too."

By the time these thoughts were stirring in her, Heather was drinking a bottle of wine a night. "My second baby was colicky. I was going through the torture of never sleeping,

and my husband was out of town a lot," she says. "I'd call him crying and scream, 'I can't do this anymore.'" When her boys were 4 and 2, she started drinking boxed wine so her husband, who worked as an appraiser, wouldn't see the empty bottles stacked up when he returned home from his business trips.

Heather kept reading Ellie's blog as she and her family moved from Minneapolis to the small rural town in Minnesota where she'd grown up. She thought that would be a good time to quit: A fresh start would help her control the drinking. Instead, she added hard liquor to her half box of wine each evening.

One night, around 10 p.m., she went outside to let her dog in. She recalls that it was difficult to get the chain off the dog's collar. It was icy, and she stumbled and took awhile to get up. At the time she was too drunk to really notice, but later she woke up in the middle of the night and pictured herself on all fours in the snow. She thought, *Do I really want to be this person?*

Heather decided to post her own confession. It read: *I didn't drink all day, every day. I bathed my kids and made them meals and built things out of Legos. But I did it all while wanting to drink, and then 5 p.m.! Sneaky stolen glasses while my loves weren't looking, but they knew because they always know....* She's not really with us.... *If I say it here, in the very space that I've used to...keep me afloat.... If I say it here, well then, I've said it and I can't turn back. I am quitting. I don't have any idea how, but I'm about to find out.*

Soon after, another mom blogger, best-selling author and recovering alcoholic Stefanie Wilder-Taylor, tweeted the link.

Stefanie asked her readers to "send some love" Heather's way. The post spread like wildfire through blogs, Facebook, and Twitter. Not knowing that Heather was a reader of *One Crafty Mother*, Ellie saw the post and decided to write her newly sober sister a note. "I responded, and we just clicked," says Heather. "First it was really long emails. Then we talked on the phone. Not long after my six-month mark, Ellie and I spent six days together in New York City at the BlogHer conference. That changed me. I realized I could have a good time without drinking."

Heather's confession launched a new friendship, but it rocked an older one. Corinne Cunningham, a 29-year-old mother of two and the author of the blog



The death rate among female alcoholics is up to 100 percent higher than male alcoholics.

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"I'M USING ALCOHOL TO STOP THE HAMSTER WHEEL IN MY HEAD."

Trains, Tutus and Teatimes, had spent more than a year talking with Heather online, and they'd become close. So close that Corinne thought nothing about emailing Heather one morning to ask whether or not 10 a.m. was too early for a glass of wine. Minutes later, she received a reply from Heather, saying, "I don't want you to feel bad, but I'm coming out on my blog today as an alcoholic." Corinne stood in stunned silence in her kitchen, her laptop resting on the island countertop. "I didn't know if I should say, 'This is me, too,'" she says. "I didn't want to make it about me. The kids were at my feet asking me for snacks, for milk, for another TV show." She did all she could to keep from crying so that her son wouldn't know anything was wrong.

Corinne had struggled with addiction for 11 years, ever since her first drop of alcohol as a teenager. In the two years before she quit, "I could do two bottles of wine a night," she says. "I also liked margaritas and cosmos."

After reading Heather's blog post, Corinne, who lives outside Boston, found herself in a liquor store. "That was my turning point," she says. "I knew where things were going, and it wasn't going to be pretty. It was a farewell party for my relationship with alcohol." She bought a bottle of tequila and drank the entire thing over the next two days. Then, on a Monday night, she emailed her husband to say, "Your wife has a drinking problem." (It was too hard for her to use the word "I" in that moment, although she admits, "I was also drunk.") He stayed home from work the next day, Corinne says, but he still didn't understand the magnitude of her problem. "He asked me if I wanted to take a break from drinking, or cut back," she says. But after reading Heather's account, Corinne knew better. She wanted to—had to—quit.

She went to a recovery meeting by herself the next night. "I had to do it quickly or else I wouldn't do it at all," she says. "It was cold; I hurried inside. It was a church, and the meeting was all women, and it felt safe. I cried the whole time."

Afterward, Corinne went home, poured a cup of tea, and told her husband that everything was going to be okay. They decided to tell their families, because Corinne, like Ellie and Heather, wanted to blog about her recovery. Her husband was supportive. "He said that by writing about it, I might help someone else."

Corinne and Heather continue to post about their recovery, and swarms of moms follow them. One of these women is Deb Williams, 42, author of the blog *San Diego Momma*. Deb doesn't categorize herself as an alcoholic, but she admits that her drinking has gotten a bit out of control—even when she's at home caring for her two kids, ages 7 and 5.

Initially, she read Heather's blog for the same reason so many others did: She gobbled up all the funny comments about motherhood. But then she saw Heather's "coming out" post, and was surprised by how much she related.

"Heather experienced drinking in the same way I do now," says Deb, who works from home all day, picks the kids up from school, and averages three glasses of wine, five nights a week. "Every description I read, I thought, *This is me*. How it would start with one glass and not end there, how she'd run water in the kitchen so her husband wouldn't hear the *glug-glug-glug* when she poured more wine, how she'd lean on the door frame for balance if her husband asked her a question when she was walking through the room."

Deb says her drinking increased from a couple of drinks on the weekend to 15 glasses a week about two years ago, but she still isn't convinced she's an alcoholic. "I'll probably get crucified for saying this, but in the interest of being completely honest, I'm stressed out, I'm running around trying to get everything done, and thinking about what needs to be done for tomorrow. I'm using alcohol to stop the hamster wheel in my head. And at the end of the day, the kids are being kids. It's loud, they're yelling. I'm yearning for my day to wind down, and it doesn't. My coping mechanism is to pour a glass of wine."

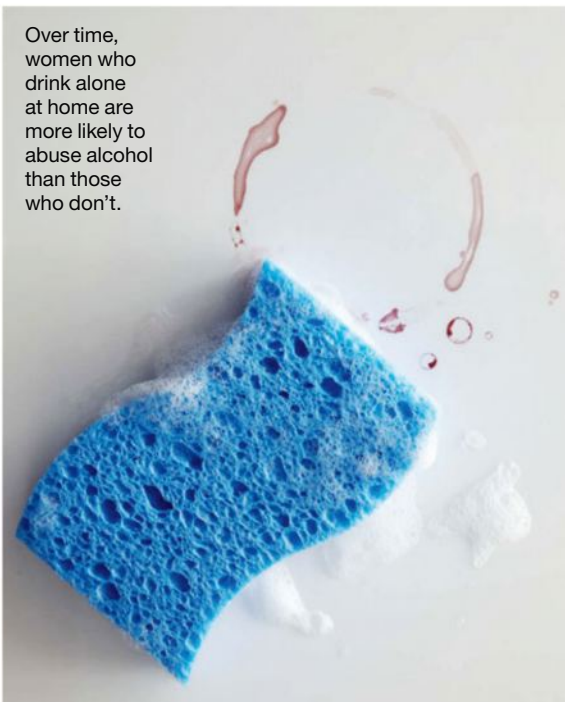
She got the chance to ask Ellie and Heather how they knew they had a drinking problem when she shared a hotel room with Ellie at a blogging conference last October. By then, Ellie was three years sober and Heather had been blogging about her recovery for months. "They listened to me without judgment," says Deb. "They shared their experiences and said they would be there if I needed anything." When Deb mentioned that she had started to wonder if she was drinking too much, Ellie said, simply: "If you have to ask yourself, you probably are."

For now, Deb continues to drink, mostly, she says, because it hasn't had a serious impact on her life. She still works and gets

her kids to school (she doesn't drink until they're home). "I am completely high-functioning," she says. Though she admits that if she stayed sober at night, she could use that time to work out, write the book she's three quarters of the way through, or, of course, connect with her husband and kids, Deb has a hard time imagining her life without alcohol. She says it helps her relax and have fun with her friends, who are also drinkers. "That's my circle," she says. "They sit outside while the kids play in the cul de sac, drinking wine, sometimes by 4 p.m."

She takes a breath. "And I'm right there with them." **B**

Over time, women who drink alone at home are more likely to abuse alcohol than those who don't.



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New USDA Study Shows: Eggs Have Less Cholesterol, More Vitamin D

The United States Department of Agriculture (USDA) recently announced that cholesterol levels in eggs are lower than previously thought. After reviewing the nutrient composition of standard large eggs, the USDA results show the average amount of cholesterol in one large egg is 185 mg, 14% lower than previously recorded. Consuming an egg a day fits easily within dietary guidance, which recommends limiting cholesterol consumption to 300 mg per day.

The USDA analysis also revealed that a single

large egg now contains 64% more Vitamin D than last reported in 2002. Eggs are one of the few foods that are a naturally good source of Vitamin D, which plays an important role in calcium absorption, helping to form and maintain strong bones.

The amount of protein in one large egg remains the same – 6 grams of protein or 13% of the recommended daily value. And at 70 calories per egg and just 15 cents a serving, eggs are nutrient-dense, affordable and the perfect choice for breakfast.

For more information on the nutritional benefits of eggs, or to pick up new and exciting recipes, check out www.facebook.com/IncredibleEgg

MICROWAVE COFFEE CUP SCRAMBLE



Prep Time: 1 minute
Cook Time: 45 to 60 seconds
Makes: 1 serving

WHAT YOU NEED

- 2 EGGS
- 2 Tbsp. milk
- 2 Tbsp. shredded Cheddar Cheese
- Salt and pepper

HERE'S HOW

1. COAT 12-oz. microwave-safe coffee mug with cooking spray. ADD eggs and milk; beat until blended.
2. MICROWAVE on HIGH 45 seconds; stir. MICROWAVE until eggs are almost set, 30 to 45 seconds longer.
3. TOP with cheese; season with salt and pepper

Microwave ovens vary. Cooking times may need to be adjusted.

LOOK FOR THE
NEW NUTRITION FACTS
PANEL ON EGG CARTONS

Nutrition Facts			
Serving Size 1 egg (50g)			
Serving per Container 12			
Amount Per Serving			
Calories 70		Calories from Fat 45	
% Daily Value*			
Total Fat 5g		8%	
Saturated Fat 1.5g		8%	
Polyunsaturated Fat 1g			
Monounsaturated Fat 2g			
Trans Fat 0g			
Cholesterol 185mg		60%	
Sodium 70mg		3%	
Potassium 70mg		2%	
Total Carbohydrate 0g		0%	
Protein 6g		13%	
Vitamin A 6% • Vitamin C 0%			
Vitamin D 10% • Calcium 2%			
Iron 4% • Thiamin 0%			
Riboflavin 10% • Vitamin B-6 4%			
Folate 6% • Vitamin B-12 8%			
Phosphorus 10% • Zinc 4%			
Not a significant source of Dietary fiber or Sugars			
* Percent Daily Values are based on a 2000 Calorie diet. Your daily volumes may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram			
Fat 9 • Carbohydrate 4 • Protein 4			

14% LESS

GOOD
SOURCE

GOOD
SOURCE



In 2010, a random sample of regular large shell eggs was collected from locations across the country to analyze the nutrient content of eggs. The testing procedure was last completed with eggs in 2002, and while most nutrients remained similar to those values, cholesterol decreased by 14% and vitamin D increased by 64% from 2002 values. Average amount of cholesterol in one egg is 185 mg, down from 215 mg.

GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE



396 new ways to do chicken!

That's exactly how many options you'll have if you mix and match our juicy chicken-breast entrées with all 12 yummy sides. Plus: Bold ideas for brown-bag lunches. ● *Cake Boss* confessions. ● Ginormous cookies.

Every month, 1.22 million people type the words *chicken breast* into Google, so we *know* you're craving fresh ideas. Stop looking and start cooking!

First: Master the best way to cook chicken breasts.

3-STEP CHICKEN *Total time: 10 minutes*

- 4 (5-oz) boneless, skinless chicken-breast halves, tenderloins removed
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper
- 1/4 cup all-purpose flour
- 1 Tbsp each olive or canola oil and unsalted butter



STEP 1 Season breasts with salt and pepper on both sides. Dredge chicken in flour, lightly coating both sides; pat off excess.



STEP 2 Heat oil in a large nonstick skillet over medium-high heat. Add butter and swirl until melted. Place chicken in skillet, top sides down. Reduce heat to medium and sauté 7 minutes, turning once, or until lightly golden on each side. Transfer chicken to a plate; keep warm.



STEP 3 Leave drippings in skillet. To make one of the delicious sauces on these pages, add ingredients and deglaze the pan (i.e., scrape it to loosen cooked bits).

Second: Have fun with these sauces.

Chicken Veracruz

*Prep time: 10 minutes
Cook time: 7 minutes*

- 4 sautéed chicken-breast halves (see master recipe, left)
- 1/3 cup diced onion
- 2 tsp chopped garlic
- 1/2 cup chicken stock
- 1 (14.5-oz) can diced tomatoes with chipotle chiles, undrained (we like Muir Glen)
- 10 pimiento-stuffed green olives, sliced (1/2 cup)
- 1/2 tsp dried Mexican oregano
- 1/4 tsp black pepper
- 1/3 cup chopped cilantro

high heat. Add onion and garlic; sauté 2 minutes or until onion starts to soften. Add stock; bring to a boil. Boil 2 minutes or until reduced by half. **2.** Stir in tomatoes, olives, oregano, and pepper and simmer 2 to 3 minutes, until sauce thickens. Remove skillet from heat and stir in cilantro. Spoon over warm chicken breasts.

SHOWN WITH... Zucchini with pumpkin seeds, yellow rice (see recipes, page 218).

*Makes 4 servings.
Each serving: 286 cal,
11 g fat, 31 g protein,
15 g carb.*

1. Place skillet with drippings over medium-

← (from previous page)

Chicken Normandy

*Prep time: 10 minutes
Cook time: 8 minutes*

- 4 sautéed chicken-breast halves (see master recipe, above)
- 1 Granny Smith apple, cored, thinly sliced
- 1/3 cup finely chopped onion
- 1 tsp fresh thyme leaves
- 2/3 cup apple cider
- 1/3 cup crème fraîche
- 1 Tbsp grainy Dijon mustard
- 1/4 tsp each kosher salt and freshly ground black pepper

1. Place skillet with drippings over medium-high heat. Add

apple, onion, and thyme. Sauté 3 minutes or until apple starts to soften. Pour in cider and bring to a boil; boil 2 minutes, stirring, until cider is reduced by half. **2.** Stir in remaining ingredients until blended. Cook, stirring, 2 to 3 minutes or until sauce is thickened and bubbly and apples are tender. Spoon over chicken.

SHOWN WITH... Broccolini with pine nuts and raisins, carrot-garlic mashed potatoes (see page 218).

*Makes 4 servings. Each serving:
359 cal, 17 g fat, 31 g protein,
19 g carb.*





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McCormick® Double Chocolate Chunk Mint Cookies

INGREDIENTS

- 2 cups flour
- $\frac{2}{3}$ cup unsweetened cocoa powder
- 1 tsp. baking soda
- $\frac{1}{4}$ tsp. salt
- 1 cup (2 sticks) butter, softened
- 1 cup granulated sugar
- $\frac{2}{3}$ cup firmly packed light brown sugar
- 2 eggs
- 1 tsp. McCormick Pure Peppermint Extract
- 6 oz. semi-sweet baking chocolate, coarsely chopped
- 1 cup coarsely chopped walnuts

MIX flour, cocoa powder, baking soda and salt in medium bowl. Set aside. Beat butter and sugars in large bowl with electric mixer on medium speed until light and fluffy. Add eggs and extract; mix well. Gradually stir in flour mixture on low speed until well mixed. Stir in chocolate and walnuts.

DROP dough by rounded tablespoonfuls about 2 inches apart onto baking sheets sprayed with no-stick cooking spray.

BAKE in preheated 350°F oven 8 to 10 minutes or just until cookies are set. Cool on baking sheets 2 minutes. Remove to wire racks; cool completely. Store cookies in airtight container up to 5 days.
Makes 4 dozen.

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WEEKNIGHT MEALS



Sweet-and-sour chicken

Prep time: 10 minutes

Cook time: 7 minutes

- 4 sautéed chicken-breast halves (see master recipe, page 212)
- $\frac{1}{3}$ cup thinly sliced red onion strips
- 5 pickled peppadew peppers (sold in jars or at olive bars), cut into strips
- $\frac{1}{2}$ cup dry white wine
- 1 pint cherry tomatoes, halved
- $\frac{1}{2}$ Tbsp honey
- 1 Tbsp red wine vinegar
- $\frac{1}{4}$ tsp each kosher salt and freshly ground black pepper
- 1 tsp unsalted butter
- $\frac{1}{4}$ cup basil leaves

1. Place skillet with drippings over medium-high heat. Add onion and peppers; sauté

2 minutes or until onion starts to soften. Pour in wine; simmer until reduced to about 2 Tbsp, about 2 minutes.

2. Add tomatoes and cook, tossing, about 2 minutes or until they start to soften. Stir in honey, vinegar, salt, and pepper. Swirl in butter until it's blended and smooth. Spoon over chicken. Scatter with basil leaves.

SHOWN WITH... Grilled spicy eggplant, balsamic-honey roasted squash (see page 218).

Makes 4 servings.
Each serving: 298 cal, 11 g fat, 30 g protein, 18 g carb.

Chicken with blue cheese and arugula

Prep time: 5 minutes

Cook time: 6 minutes

- 4 sautéed chicken-breast halves (see master recipe, page 212)
- 1 small shallot, finely chopped
- 1 cup heavy cream
- $\frac{1}{3}$ cup crumbled blue cheese
- 3 Tbsp freshly grated Parmesan
- $\frac{1}{4}$ tsp each kosher salt and freshly ground black pepper
- 2 Tbsp minced fresh parsley
- $\frac{1}{2}$ cup baby arugula

1. Place skillet with drippings over medium-high heat. Add shallot; sauté 2 minutes or until shallot starts to soften.

Pour in cream and bring to a boil. Boil 3 minutes or until mixture is thickened like a white sauce, stirring occasionally.

2. Remove skillet from heat. Whisk in blue cheese, Parmesan, salt, pepper, and parsley until cheese melts and sauce is smooth. Spoon over warm chicken breasts. Mound arugula on top of chicken breasts.

SHOWN WITH... Baby potatoes with herb butter, mixed green and yellow beans (see page 218).

Makes 4 servings.
Each serving: 503 cal, 36 g fat, 35 g protein, 9 g carb.



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Lemon-caper chicken

Prep time: 10 minutes

Cook time: 8 minutes

- 4 sautéed chicken-breast halves (see master recipe, page 212)
- 1 small lemon, cut into 8 thin slices
- 1 shallot, thinly sliced
- 2 cloves garlic, crushed with the side of a knife
- 1/2 cup dry white wine
- 1/2 cup chicken stock
- 1 1/2 Tbsp lemon juice
- 1 1/2 tsp flour
- 3 Tbsp drained nonpareil capers
- 2 Tbsp unsalted butter, in pieces
- 1 Tbsp chopped fresh oregano leaves

1. Place skillet with drippings over medium-high heat. Add lemon slices, shallot, and garlic, and sauté until shallot is softened, about 3 minutes. With a slotted spoon, remove

lemon slices and place over chicken breasts. Add wine to skillet; simmer until it reduces to 2 Tbsp, about 2 minutes.

2. In a measuring cup, whisk chicken stock, lemon juice, and flour until blended; stir mixture into skillet. Bring to a boil and boil 1 minute, until thickened. Stir in capers. Turn off heat and swirl in butter a few pieces at a time until sauce is blended and smooth. Discard garlic and stir in oregano. Spoon sauce over chicken.

SHOWN WITH... Double corn polenta, roasted cauliflower and tomatoes (see page 218).

Makes 4 servings. Each serving: 306 cal, 16 g fat, 30 g protein, 9 g carb.



Balsamic chicken with figs

Prep time: 5 minutes

Cook time: 9 minutes

- 4 sautéed chicken-breast halves (see master recipe, page 212)
- 1 small shallot, finely chopped
- 2 Tbsp balsamic vinegar
- 1/2 cup tawny port or red wine
- 1/2 cup beef stock
- 4 large fresh Mission figs (or 6 dried), quartered lengthwise
- 1/4 tsp each kosher salt and freshly ground black pepper
- 1 tsp unsalted butter

1. Place skillet with drippings over medium-high heat. Add shallot

and sauté 2 minutes, or until it starts to soften. Add vinegar, and when almost evaporated, add port. Simmer until port reduces by half, about 3 minutes.

2. Add beef stock, figs, salt, and pepper; bring to a boil. Simmer until sauce thickens, about 3 minutes. Remove skillet from heat and swirl in butter. Spoon over warm chicken breasts.

SHOWN WITH... Lemony orzo, kale with mushrooms (see page 218).

Makes 4 servings. Each serving: 315 cal, 11 g fat, 31 g protein, 23 g carb.

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Step 3: Pick a



Grilled spicy eggplant

Heat a stovetop grill pan over medium heat. • Cut two 1/2-lb Italian eggplants crosswise into 1/2-inch-thick rounds. • Mix 2 Tbsp extra-virgin olive oil with 2 tsp each garlic paste and red wine vinegar and 1/2 tsp kosher salt, and brush mixture over eggplant slices. • Grill 8 to 10 minutes, turning eggplant once, until tender. • Sprinkle with crushed red pepper flakes and chopped parsley or mint.



Balsamic-honey roasted squash

Heat oven to 425°F. • Line a baking sheet with nonstick foil. • Cut a 20-oz package of peeled butternut squash chunks into 1-inch pieces. • Place squash on prepared baking sheet; toss with 1 Tbsp each honey, olive oil, and balsamic vinegar, 1/2 tsp kosher salt, and 1/4 tsp black pepper. • Spread evenly and roast 25 minutes, stirring twice, or until tender and caramelized.



Baby potatoes with herb butter

Steam 1 lb halved mixed baby potatoes in a steamer over boiling water for 15 minutes or until tender. • Toss in a serving bowl with 2 Tbsp each softened butter and chopped mixed fresh herbs (such as parsley, chives, and thyme). • Season with 1/2 tsp kosher salt and freshly ground pepper to taste.



Roasted cauliflower and tomatoes

Heat oven to 450°F. • Line a baking sheet with nonstick foil. • In a bowl, mix 2 1/2 Tbsp extra-virgin olive oil, 2 tsp each garlic paste and chopped fresh rosemary, and 1/2 tsp kosher salt. • Cut a 1-lb cauliflower into small florets (5 cups) and dice 3 seeded plum tomatoes; toss with oil mixture until coated. • Spread on prepared sheet and roast 25 minutes, stirring once, or until tender. • Sprinkle with lemon juice and chopped fresh basil.



Kale with mushrooms

Heat 1 Tbsp each olive oil and unsalted butter in a large deep skillet over medium-high heat. • Add 1/2 cup diced onion and 1 (8-oz) container sliced cremini mushrooms. • Sauté until onion begins to soften and mushrooms are lightly browned, about 4 minutes. • Stir in 1 (10-oz) bag prewashed kale; keep stirring until kale is crisp-tender and bright green, about 5 minutes. • Season with 1/2 tsp kosher salt and freshly ground black pepper to taste.



Carrot-garlic mashed potatoes

In a large saucepan, boil 1 1/2 lb peeled Yukon Gold potatoes, cut into 2-inch chunks, for 15 minutes or until tender. • Drain and return potatoes to pot. • Grate 2 large garlic cloves into potatoes with a Microplane or fine grater. • Stir in 1/4 cup warm milk, 2 Tbsp each light sour cream and unsalted butter, 1 tsp kosher salt, and 1/4 tsp freshly ground black pepper. • Mash, adding more milk if necessary. • Grate 1 carrot and stir into potatoes.

couple of sides.



Broccolini with pine nuts and raisins

Blanch 1 (12-oz) bunch trimmed broccolini in lightly salted boiling water for 3 minutes; drain. • Toss 2 Tbsp pine nuts in a large nonstick skillet over medium heat 2 minutes, until toasted; remove. • Melt 2 Tbsp unsalted butter in skillet over medium-high heat. • Add broccolini, 2 Tbsp golden raisins, and ½ tsp kosher salt; cook, tossing with tongs, about 2 minutes. • Add pine nuts and freshly ground black pepper to taste.



Lemony orzo

Boil 1 cup (8 oz) orzo pasta until al dente; drain. • In a nonstick skillet, heat 3 Tbsp olive oil and 1 sliced garlic clove over low heat until garlic is lightly golden, about 2 minutes. • Raise heat to medium and stir in orzo, 1½ tsp lemon zest, 2 Tbsp lemon juice, and 3 Tbsp minced parsley. • Cook, stirring, until pasta is hot. • Remove from heat; stir in ¼ cup each grated Parmesan cheese, slivered pitted kalamata olives, and sliced scallions. Add freshly ground black pepper to taste.



Mixed green and yellow beans

Wash and trim ends of ½ lb each green beans and yellow wax beans. • Boil in a large pot for 4 minutes; drain. • Stir ¼ cup sliced almonds in a large nonstick skillet over medium heat 2 minutes, until lightly toasted; remove. • Heat 1 Tbsp olive oil in skillet over medium heat; add 1 orange bell pepper, cut in strips, and ½ tsp each crushed red pepper flakes and salt; stir-fry 2 minutes. • Add beans and toss until hot. • Add almonds and toss.



Yellow rice

In a large saucepan, heat 1½ Tbsp olive oil over medium heat. • Add ½ cup finely diced onion and 1 tsp chopped garlic; cook 3 minutes. • Stir in 1 cup long grain converted rice and stir, 3 minutes. • Add 2 cups low-sodium chicken stock and 1 tsp ground turmeric or annatto (achiote) and bring to a boil; cover, reduce heat to low, and cook 20 minutes. • Stir in ⅓ cup diced pimiento and ½ tsp kosher salt; fluff with a fork. • Remove from heat; leave covered. Fluff again before serving.



Zucchini with pumpkin seeds

Cut 1 lb trimmed zucchini into matchsticks or halved thin slices. • Heat 2 Tbsp each olive oil and raw pepitas (pumpkin seeds) in a large skillet over medium heat; cook, stirring constantly, until seeds are toasted, 1 to 2 minutes. • Add zucchini to skillet and toss with oil mixture, about 1 minute. • Remove from heat; add kosher salt and freshly ground black pepper to taste. • Top with shavings of cotija cheese or ricotta salata.



Double corn polenta

In a medium saucepan, bring 1 cup each milk, water, and fresh or frozen corn kernels to a boil. • Gradually add ½ cup quick-cooking polenta, stirring constantly, until incorporated. • Reduce heat to medium-low and simmer until thickened, 3 to 5 minutes. • Remove from heat and stir in 2 Tbsp unsalted butter, ¼ cup grated Parmesan cheese, and 2 oz sliced prosciutto, slivered.

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Devilish black-and-orange cookies

Prep time: 30 minutes Cooking time: 10 to 12 minutes

Cookies

- 1 cup all-purpose flour
- 2 Tbsp unsweetened cocoa powder
- $\frac{3}{4}$ tsp baking soda
- $\frac{1}{4}$ tsp each baking powder and salt
- $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) unsalted butter, softened
- $\frac{3}{4}$ cup sugar
- 1 large egg
- $\frac{1}{4}$ cup sour cream
- 2 oz unsweetened chocolate, melted, cooled
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{4}$ cup buttermilk

Icing

- 2 cups confectioners' sugar
- 3 Tbsp light corn syrup
- 2 Tbsp hot water
- 2 tsp fresh lemon juice
- $\frac{1}{2}$ tsp vanilla extract
- 2 Tbsp Dutch-process cocoa powder
- $\frac{1}{8}$ tsp orange gel or paste food coloring

1. Cookies: Heat oven to 350°F. Grease and flour 2 baking sheets.

2. In a bowl, stir flour, cocoa powder, baking soda, baking powder, and salt.

3. In a larger bowl, use an electric mixer to beat butter and sugar on medium speed for 3 minutes. Add egg, then sour cream, chocolate, and vanilla. On low speed, beat in flour mixture alternately with buttermilk until just blended.

4. Drop five $\frac{1}{4}$ -cupfuls of dough on a prepared baking sheet, 4 inches apart. With a spatula, spread each into a 3-inch mound. Bake 10 to 12 minutes on center rack, turning sheet 180 degrees halfway through, until a wooden pick comes out clean. Cool cookies on sheet 5 minutes, then remove to wire rack and cool completely. Repeat with remaining dough on second sheet.

5. Icing: Put 1 cup confectioners' sugar into each of 2 bowls. To each bowl, add $1\frac{1}{2}$ Tbsp corn syrup, 1 Tbsp hot water, 1 tsp lemon juice, and $\frac{1}{4}$ tsp vanilla. Stir mixtures vigorously with a wooden spoon until smooth. Stir cocoa powder into one bowl until icing falls in thin ribbons from the spoon (add water, if necessary). Stir orange food coloring into the other bowl.

6. Turn cookies over. With a small spatula, spread half of the flat bottom of each cookie with chocolate icing, creating a line down the center, and spread the other half with orange icing. Let set for 1 hour.

Makes 10 cookies.



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Peanut butter sandwich cookies

Prep time: 30 minutes Cooking time: 12 minutes

Cookies

- 1 1/4 cups all-purpose flour
- 1 tsp baking soda
- 1/4 tsp each baking powder and salt
- 1/2 cup (1 stick) unsalted butter, softened
- 1/2 cup granulated sugar
- 1/2 cup packed light brown sugar
- 3/4 cup chunky peanut butter
- 1 large egg
- 1 tsp vanilla
- 3/4 cup peanut butter chips

Filling

- 8 oz bittersweet chocolate, chopped
- 6 Tbsp unsalted butter, cut into pieces
- 1 tsp vanilla extract

1. **Cookies:** Heat oven to 350°F. Line 2 baking sheets with parchment paper.
2. In a medium bowl, whisk together flour, baking soda, baking powder, and salt.
3. In a large bowl, beat butter and sugars until well blended, then add peanut butter. Add egg and vanilla. Beat in flour

mixture until just blended. Stir in peanut butter chips.

4. Drop 8 (2-Tbsp) balls of dough on a prepared baking sheet, about 3 inches apart. Press a floured fork into each to make a crosshatch design and to spread dough to 3-inch rounds. Bake about 12 minutes, or until cookies are browned around the edges. Let stand 2 minutes on baking sheet, then remove to a wire rack to cool completely. Repeat with remaining dough on second sheet.

5. **Filling:** In a microwave-safe bowl, melt chocolate and butter for 1 minute. Whisk until smooth, then stir in vanilla. Chill until filling is thick enough to spread.

6. Spread filling on the bottom of one cookie, then press another on top to make a sandwich. Repeat with remaining cookies.

Makes 8 super-size sandwich cookies.



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McCormick® Vanilla Rich Chocolate Chip Cookies

INGREDIENTS

3 ¼ cups flour
1 tsp. baking soda
¾ tsp. salt
1 ½ cups butter, softened
1 ¼ cups granulated sugar
1 cup firmly packed light brown sugar
2 eggs
4 tsp. McCormick Pure Vanilla Extract
1 pkg. (12 oz.) semi-sweet chocolate chips
1 cup coarsely chopped walnuts

MIX flour, baking soda and salt in medium bowl. Beat butter and sugars in large bowl with electric mixer on medium speed until light and fluffy. Add eggs and vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed. Stir in chocolate chips and walnuts.

DROP by rounded tablespoons about 2 inches apart onto ungreased baking sheets.

BAKE in preheated 375°F oven 8 to 10 minutes or until lightly browned. Cool on baking sheets 1 minute. Remove to wire racks; cool completely. Makes 5 dozen.

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Brownie-pecan shortbread bars

Prep time: 30 minutes Cooking time: 44 to 48 minutes

Crust

- 1/2 cup (1 stick) unsalted butter, softened
- 1/4 cup sugar
- 1 large egg yolk
- 1/2 tsp vanilla extract
- 1 cup all-purpose flour
- 1/4 cup finely chopped toasted pecans
- 1/4 tsp salt

Topping

- 3 oz unsweetened chocolate, chopped
- 1/2 cup (1 stick) unsalted butter
- 1 tsp vanilla extract
- 2 large eggs
- 3/4 cup sugar
- 1 Tbsp all-purpose flour
- 1/2 tsp baking powder
- 1/2 cup coarsely chopped pecans

1. Crust: Heat oven to 350°F. Line the bottom and sides of a 9x9x2-inch baking pan with nonstick foil, extending the foil beyond the edges of pan.

2. In a medium bowl, with an electric mixer, beat butter and sugar until creamy. Beat in egg yolk, then vanilla. On low speed, beat in flour,

pecans, and salt until just combined.

3. With floured fingertips, pat dough over bottom of prepared pan. Bake 18 to 20 minutes or until crust is lightly golden. Place pan on a rack in refrigerator to cool completely.

4. Topping: In a microwave-safe bowl, melt chocolate and butter 30 seconds to 1 minute; stir to blend. Let cool slightly, then stir in vanilla.

5. In a medium bowl, whisk eggs, sugar, flour, and baking powder. Whisk in chocolate mixture, then stir in pecans. Spread mixture over cooled crust. Bake 26 to 28 minutes, until top looks slightly puffed and a wooden toothpick inserted in the center comes out with moist crumbs. Cool in pan on a wire rack for 10 minutes. Use foil to lift cookies out to cool completely on a wire rack. Cut into 9 (big!) bars.

Makes 9 bars.

—RECIPES BY BARBARA CHERNETZ

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Cheesy baked ravioli

1. Heat oven to 425°F. Put spinach in a colander in the sink. Mix marinara sauce and sun-dried tomatoes together in a large bowl. In a smaller bowl, combine mozzarella and Parmesan.

2. Bring a large pot of salted water to a boil. Add ravioli and cook just until they float to the surface, 1 to 2 minutes. Drain ravioli over spinach to wilt.

3. Add ravioli and spinach to marinara mixture. Lay down enough ravioli to cover the bottom of a 9x1 1/2-inch gratin dish (or bake in individual 4 1/2- to 5-inch gratin dishes). Sprinkle 1/3 of the cheese mixture on top. Repeat with remaining ravioli and cheese mixtures, finishing with the cheese on top.

4. Bake until hot and bubbly throughout, 10 to 12 minutes.

Makes 4 servings. Each serving: 318 cal, 12 g fat, 18 g protein, 37 g carb.



Ravioli with pesto, squash, and sage

1. Heat a large saucepan of salted water to boiling. Add squash and cook 4 to 5 minutes. Scoop out with a small strainer.

2. When water returns to a boil, add ravioli and cook according to package directions. Drain pasta; toss with pesto sauce.

3. Meanwhile, in a medium nonstick skillet, heat 1 Tbsp olive oil over medium-high heat. Add squash, sprinkle with kosher salt and freshly ground pepper, and cook, stirring, about 5 minutes. Remove squash and put in a bowl.

4. Add 1 Tbsp olive oil to the same skillet and cook sage leaves until crisp, 30 seconds to 1 minute. Drain on paper towels.

5. Spoon squash over ravioli and garnish with walnuts and sage. Sprinkle with Parmesan cheese.

Makes 4 servings. Each serving: 378 cal, 23 g fat, 15 g protein, 31 g carb.



—RECIPES BY BARBARA CHERNETZ

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- 2 large eggs
- 2 large egg whites
- 1½ oz turkey ham, cut into ¼-inch cubes (¼ cup)
- 1 Tbsp chopped flat-leaf parsley
- ¼ tsp salt
- 2 tsp canola oil
- ¼ cup diced onion
- ½ cup frozen diced potatoes (such as Ore-Ida Potatoes O'Brien)
- 1 tsp unsalted butter
- 1 oz shredded low-fat sharp cheddar cheese (¼ cup)
- 2 Tbsp fat-free sour cream (optional)

1. In a bowl, whisk eggs, whites, turkey ham, parsley, and salt.

2. In an 8-inch nonstick skillet or omelet pan, heat 1 tsp of the oil over medium heat. Add onions and cook, stirring, 2 to 3 minutes. Add

remaining oil, then add potatoes and cook, covered, stirring every few minutes until potatoes start to brown, about 5 to 6 minutes. Transfer mixture to a plate.

3. In the same skillet, heat butter over medium heat, until just hot enough for a drop of water to sizzle. Pour in egg mixture; it should set immediately at the edges. Tilt pan to let uncooked egg run onto the hot skillet. Continue to cook until surface of omelet is no longer liquid.

4. Place onion mixture across center of omelet. Top with 2 Tbsp of the cheese. Fold egg in half over the filling and transfer to a plate. Sprinkle remaining cheese on top. Serve with a mixed green salad and sour cream, if desired. Makes one omelet; repeat to make enough for the whole family!

Each serving: 468 cal, 27 g fat, 36 g protein, 18 g carb.



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OCTOBER'S SUPERFOOD:

APPLES

Açaí and goji berries may be trendy, but our grandmas had it so right when they told us an apple a day keeps the doctor away. In fact, a recent Florida State University study found that women who ate 75 grams of dried apples (roughly equal to one fresh one) every day for a year saw their bad cholesterol levels drop a considerable 23 percent. For only 65 calories, one li'l apple delivers 20 percent of your daily fiber needs—making it one of the best single sources of dietary fiber, says culinary nutritionist Jackie Newgent. For a family-friendly outing, take your kids to a local orchard and pick your own—most are at their peak through the end of October. Want a new way to eat them? Toss a chopped McIntosh into a spinach salad with walnuts and blue cheese, or thinly slice a Granny Smith on a turkey sandwich for a sweet and tart crunch. —NICOLE YORIO

THE SIMPLEST WAY TO EAT HEALTHY ALL WEEK

We know—it's just too easy to dial 1-800-PIZZA after a long day. Even pros have a hard time eating well all the time: "When my three kids were little and I was traveling a ton, I needed a way to make cooking healthy meals and snacks easier," says food coach and celebrity trainer Kathy Kaehler. She started prepping a week's worth of veggies, proteins, and grains on Sundays so she could throw together yummy pastas, salads, or rice dishes in minutes on busy weekdays. Now she teaches her



90-minute routine, which she calls

Chop on Sundays to set yourself up for the whole week.

"Sunday Set-Up," to clients like the Kardashians, and has an online club dedicated to it (kathykaehler.net/club). It's so simple and brilliant, you won't believe you haven't always done this:

- 1. Choose four to six veggies, two to three proteins, and two whole grains.** Broccoli, bell peppers, carrots, Romaine lettuce, and other firm-textured veggies keep well. Chicken breasts, eggs, and beans make for great go-to proteins. Brown rice and quinoa are versatile grains.
- 2. Rinse, chop, and prep.** Boil the chicken and eggs, rinse the canned beans, wash and chop the veggies, and cook the grains. Pop everything in clear containers in the fridge.
- 3. Eat!** Pick your main ingredients and mix with dressings and add-ins to create dishes like Cobb salad, teriyaki stir-fry, or veggie pasta—plus snacks like peppers with hummus or egg salad.



Yay! Comfort foods that won't make you fat

We really do self-medicate with mac and cheese: Even just writing about comfort foods helped people in a recent study bounce back from loneliness. Of course, indulge *too* much and you may not bounce back into your jeans. Jeannette Bessinger, coauthor of the new book *150 Healthiest Comfort Foods on Earth*, shows you how to skinnify your favorites.

- **Pancakes:** Trade white flour for whole wheat flour or whole oat flour, then swap fatty toppings for a fruit compote made with berries and a drizzle of maple syrup.
- **Lasagna:** Thaw two boxes of frozen spinach, squeeze out the water, and layer into your lasagna to replace some of the cheese. More filling fiber, fewer calories!
- **Brownies:** Baking them from scratch? You can almost always remove ¼ of the sugar without impacting the flavor or texture significantly. —JESSICA GIRDWAIN

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THE CHOICE OF ITALY®



HUNGRY GIRL'S FOOD FIX

Brown bagging is back

5 easy lunch ideas from Hungry Girl Lisa Lillien that'll save you time, money, and about a kajillion calories.

► CHILI BURRITO

If you've never brought canned chili for lunch, you're missing out. It's great plain, or you can heat about $\frac{1}{3}$ of a cup of low-fat turkey or veggie chili in the microwave and pile it onto a high-fiber tortilla. Top with a couple of tablespoons of shredded fat-free cheddar cheese and sprinkle with diced onion and a few chips, if you'd like. Fold it up and enjoy!



► **SALMON SALAD SANDWICH** It's a new (and grown-up) spin on tuna fish. Just combine a 3-oz pouch or can of boneless pink salmon with some mayo and Dijon. I also like to add a little lemon juice, quartered grape tomatoes, chopped cucumber, red onion, salt, and pepper. Then, stuff it inside a high-fiber pita. (Tip: Pack the salmon salad separately and add it to the pita at lunchtime. Nobody likes a soggy sandwich.)



.....
NO-COOK STIR-FRY Got leftover chicken? Mix 1 Tbsp of low-fat peanut sauce or dressing with $\frac{1}{2}$ Tbsp seasoned rice vinegar in a lunch-size Tupperware. Add a cup of any julienned veggies you'd like; some cooked and chopped skinless chicken breast; $\frac{1}{2}$ cup halved, raw sugar snap peas; and 1 Tbsp chopped cilantro, if you have it. Seal and shake to mix, then chill until lunch. Voilà—a super-flavorful cold Thai stir-fry!



◀ EASIEST PIZZA EVER

If you have a toaster oven at work, this is one of my absolute favorites. Spread a high-fiber tortilla with tomato sauce and top with a peeled-

apart stick of light string cheese. Add turkey pepperoni slices (I think Hormel makes the best), if you want. Place in the toaster oven until the cheese has melted and the tortilla is crispy.



◀ VEGGIES WITH YOGURT DIP

Pre-packaged cut veggies are great for easy, on-the-go light lunches, but they can be boring. So I whip up a creamy dip with a kick that's perfect for carrots, cucumbers, and whole-grain crackers, too: Just combine fat-free Greek yogurt with salsa.

THE BEST NEW PRODUCTS TO POP IN A LUNCHBOX!



PEPPERIDGE FARM GOLDFISH BREAD

SANDWICH BREAD Low-calorie "flat" sandwich rolls

are all the rage—and these are shaped like goldfish! Choose from soft white, 100% whole wheat, or honey whole wheat; your kids (and inner child) will love them. Each roll has 120 calories and 3 g of fiber.



TUMARO'S GOURMET TORTILLAS

NEW YORK DELI STYLE WRAPS If you're a sucker for bagels but you're not a fan of all the calories that come with 'em, then you've gotta try these. They're low-calorie wraps in fun bagel flavors like everything and pumpernickel. Hooray!



RAMEN HOUSE Just add water to these seriously tasty soup packets (choose from spring vegetable, soy ginger, or spicy chicken). Each has 230 calories and $1\frac{1}{2}$ g of fat or less.



POPCORNERS

These popcorn-based treats come in traditional

flavors like butter and sea salt, plus fun ones like cheesy jalapeño and kettle (a sweet and salty mix—yum!). A 1-oz serving has only 130 calories and 5 g of fat or less, and they're gluten-free.



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WHAT I KNOW ABOUT FOOD

The Cake Boss

Gonzo baker Buddy Valastro on family, frosting, and the joys of (*shh*) store-bought mix.



Buddy in his bakery with son Marco, now 4.

"I learned to bake from my dad. He was also my best friend. He taught me all about my craft and my life."

The funniest cake I made for a client... was a pink hearse for her 40th birthday. Personally, I thought it was a little morbid, but given that she's an undertaker, it made sense. My own daughter requested a roller-skating version of herself for her birthday, and this week I'm making a dinosaur that's 5 feet tall and 13 feet long.

The family that bakes together stays together. Working with my entire family has its ups and downs, but for the most part it's a blessing. You don't trust anybody the way you trust your family. What you see on my TLC show, *Cake Boss*, is real: We bicker and get on each other's nerves, and there are moments when I want to strangle them and moments when I want to kiss and hug them. We just push through everything.

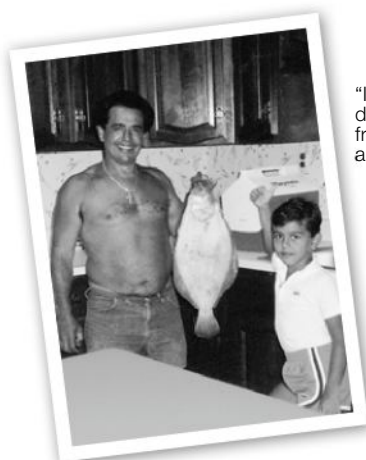
I make dessert; my wife handles dinner. The best part of my day is coming home to my wife and kids and the smells of her sausage and peppers or eggplant Parmesan. I can cook, so for me to be impressed—she's definitely got skills.

If at first you don't succeed... My best advice in the kitchen is to never be afraid to redo something. I'm not a gifted baker, but I'm good now because I've done it a million times. Anyone can bake. If you keep at it, it will come to you. —AS TOLD TO BRITTANY BURKE

"I made a 2,000-pound Transformers cake that moved. When I finished it, I had tears in my eyes."



"If we're pressed for time, even I will bake from a box with my kids if it means we can hang out together."



"I love to barbecue. I rub ribs with paprika, garlic powder, red pepper flakes, salt, pepper, and brown chilies, then slow-cook them for two-and-a-half to three hours. Then I put on barbecue sauce and finish them on the grill."



4 THINGS YOU'LL ALWAYS FIND IN MY KITCHEN

A BAKERY CRAFTS TURNTABLE



"I spin cakes on it for cutting and frosting. It's essential."

A PIPING BAG



"I use these for everything from decorating cakes to piping out cookie dough."

SWEET BAKER'S BUTTER



"The higher the fat content the better, because it gives the finished product a richer taste."

BON JOVI



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SHOP THE ISSUE

5 TRICKS TO... PUT ON YOUR BLUSH PERFECTLY
PAGE 62: Elizabeth Arden Color Intrigue **Cheekcolor**, \$22; Macy's, elizabetharden.com. Mally Beauty **Blush Single**, \$18; mallybeauty.com. Mary Kay **Cream Blush**, \$13; marykay.com. Smashbox Girls on Film **Blush Rush**, \$24; Sephora, smashbox.com. Nars **Blush Brush**, \$46; narscosmetics.com. Avon Be Blushed **Cheek Color**, \$8; shop.avon.com.

BEAUTY SHOPPER
PAGE 72: Bobbi Brown Limited Edition 1991 **Lip Palette**, \$60; Bobbi Brown counters, bobbibrowncosmetics.com. Sai-Sei Mineral Loofah Body Polish **Soap**, \$18.50; Space NK stores, spacenk.com. Proactiv All Shade Blemish **Concealer Duo**, \$20; proactiv.com. Braun Satin **Hair Brush**, \$65; qvc.com. Molton Brown Myrrh Muske & Cypress Medio **Candle**, \$49; moltonbrown.com. Narciso Rodriguez for Her in Color **eau de parfum**, \$84; Saks Fifth Avenue. MAC Optical **Bronzer**, \$38; all MAC locations, maccosmetics.com.

CELEBEAUTIES
PAGE 76: Too Faced Perfect Lips **Lip Liner**, \$18.50; too faced.com. Benefit Creaseless Cream **Eyeshadow/Liner**, \$19; benefitcosmetics.com. Nars **Blush**, \$27; narscosmetics.com. Laura Mercier **Lip Glacé**, \$22; lauramercier.com. Tarte LipSurgence Natural **Lip Tint**, \$24; Sephora, sephora.com, tartecosmetics.com. Bobbi Brown Creamy **Concealer**, \$22; Bobbi Brown counters, bobbibrowncosmetics.com. Giorgio Armani Beauty Master **Corrector**, \$36; Nordstrom, Neiman Marcus, giorgioarmanibeauty-usa.com. Stila Convertible **Color blush**, \$25; stilacosmetics.com. Korres **Lip Butter**, \$12; Sephora, sephora.com.

Q & TRIPLE A
PAGE 78: For more information on **Latisse**, visit latisse.com. Physicians Formula Eye Booster 2-in-1 Lash Boosting **Eyeliner + Serum**, \$10.95; physiciansformula.com. Ardell Fashion **Lashes**, \$6.50; Target. Sephora Collection **eyelash curler**, \$16; Sephora. Lancôme Hypnôse Doll Lashes **Mascara**, \$25; Lancôme counters, lancome-usa.com.

THE ANTIAGING PLAN FOR YOUR EXACT SKIN TONE
PAGE 85: SkinCeuticals Sheer Physical UV Defense SPF 50 **sunscreen**, \$30; skinceuticals.com. SkinMedica Tri-Retinol Complex ES **treatment**, \$30; skinmedica.com for locations. Vichy LiftActiv CxP **Night Cream**, \$46.50; vichyusa.com.
PAGE 86: StriVectin SD Intensive **Concentrate**, \$135; strivectin.com. For more information on **Tazorac 0.1% Cream**, visit allergan.com. SkinCeuticals Retinol 1.0 **Night Cream**, \$95; skinceuticals.com. Clarins **Cleansing Milk**, \$29.50; us.clarins.com. Clarisonic Classic Sonic Skin Cleansing **System**, \$195; clarisonic.com. La Roche-Posay Active C **Facial Moisturizer**, \$49.50; laroche-posay.us. La Roche-Posay Anthelios SPF 60 Ultra Light **Sunscreen Fluid**, \$29.50; laroche-posay.us.
PAGE 90: Origins Clean Energy Gentle **Cleansing Oil**, \$19.50; origins.com. RevaleSkin Intense Recovery **Treatment**, \$130; skinstore.com. Philosophy The Microdelivery Multi-Use **Peel Pads**, \$55; philosophy.com.
PAGE 91: Avène Rétrinal +0.05 **cream**, \$61; aveneusa.com. Neocutis Perle Skin Brightening **Cream**, \$95; neocutis.com for physicians. Physicians Formula **Dark Spot Corrector & Skin Brightener**, \$18.97; Walmart. La Roche-Posay Mela-D **Serum**, \$58; laroche-posay.us. Vichy Normaderm Triple-Action Anti-Acne Hydrating **Lotion**, \$22.50; vichyusa.com. Peter Thomas Roth Retinol Fusion PM **treatment**, \$65; peterthomasroth.com. The Body Shop **Tea Tree Oil**, \$9; thebodyshop.com.

PUT SOME PANTS ON, ALREADY!
PAGE 187: Chaiken and Capone **pants**, \$238; Twist, Deal, NJ, 732-663-1009. Loft **blouse**, \$49.50; loft.com. Beth

Bowley **cardigan**, \$242; Robin's Closet Boutique, Boonton, NJ, 973-335-4015. Agabhumhi the Best of Bali **necklace**, \$84; agabhumhi.com. Loeffler Randall **flats**, \$325; loefflerandall.com.

PAGE 188: Caché **pants**, \$128; cache.com. Max & Chloe **earrings**, \$32; maxandchloe.com. Isaac Mizrahi for QVC **top**, \$39; qvc.com. Sushma Patel **cuff**, \$70; sushmapatel.us. Rampage Handbags **clutch**, \$68; endless.com. Daniblack **shoes**, \$150; CUSP by Neiman Marcus.
PAGE 189: H&M **pants**, \$60; hm.com for stores. Karl Lagerfeld for Impulse Only at Macy's **shirt**, \$89; select Macy's, macys.com/impulse. Agnès B. **blazer**, \$645; agnesb.com. Nina Nguyen **ring**, \$300; nina-nguyen.com. Ann Taylor **booties**, \$248; annaylor.com.

PAGE 190: Rachel Comey **pants**, \$380; forwardforward.com. Uniqlo **sweater**, \$90; uniqlo.com for stores. LilahGabriel **necklace**, \$164; lilahgabriel.com. SKU Jewelry **bangle**, \$125; Starfish Jewelry Store, Boulder, CO, 303-443-2331. French Sole **flats**, \$265; frenchsoleshoes.com.

PAGE 191: Long Tall Sally **pants**, \$105; longtallsally.com. Victoria's Secret Catalogue **shirt**, \$70; 800-888-8200, victoriasscret.com. Loft **necklaces**, \$34.50 each; loft.com. Leighelena **belt**, \$135; shopleighelena.com. MYMU **shoes**, \$328; mymuworld.com.

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Slow, sexy sex **or** a quickie?

You can't break out the hot oil every time (oy, the laundry). Let's figure out what you've got the energy for. By Melissa Daly



Start here

Are you yearning for a soft-focus Harlequin Romance moment?

yes

no

Don't yell "Yes, Fabio!" by accident.

Got an early morning tomorrow?

no

yes

Oh, really? Your life doesn't begin at noon?

Do you even remember what your husband looks like naked?

yes

no

At least that means he's not nude on Twitter!

Has he earned a long-form sex session by, say, dealing with the plumber or even just turning a year older all by himself?

yes

no

Good boy. He deserves some extra petting.

Do you secretly prefer it fast and dirty?

yes

no

Are you in a kid-free house, a hot tub, or a foreign country?

yes

Muy caliente!

Are you in your parents' house, a sleeping bag, or an airplane bathroom?

no

no

no

yes

yes

yes

no

Remember to use your inside voices...

Will wham-bam-thank-you-sir sex free up time to do something important (like update your Curtis Stone fan page)?

yes

no

Quick! Effective! You have our seal of approval.

Slow sex

Quickie

FALL FOR SOFT, TOUCHABLE SKIN



Crisp, cool fall weather is the perfect excuse to cozy up to your guy. But when the temperature drops, your skin can become uncomfortably dry. That's where **NIVEA's moisturizing Body Washes** can help. They're developed with NIVEA's exclusive breakthrough **Hydra IQ technology**, and provide long-lasting hydration, keeping your skin touchably soft and beautiful.

Want to learn more? Read on to find a NIVEA Body Wash that will help you and your man get closer—and your skin ready for the season.

Strengthen Your Bond

New **NIVEA Touch of Cashmere Cream Oil Body Wash** with a seductive Orchid Blossom scent will envelop your senses, while softening and caressing your skin—making you even more irresistible.

Get Close Tip: Everyday intimacy, like holding hands, a kiss before bedtime, and making eye contact, will make you feel closer to each other.

Unleash Your Sassy Side

For the flirty side in you, **NIVEA Touch of Sparkle Cream Oil Body Wash**, with its tantalizing White Calla scent and diamond powder, will illuminate and nourish your skin.

Get Close Tip: Forgot how to flirt? Wear jeans with heels to make a casual outfit a little sexier, or pay him a compliment that will make him blush.

Take Time For Two

Achieve a sense of calm and get touchably smoother skin with **NIVEA Touch of Harmony Cream Oil Body Wash**, infused with Vanilla Blossom fragrance and moisturizing shea butter.

Get Close Tip: Life is busy, but you still need to focus on being a couple. Relax together in front of the fireplace, or book a babysitter and sneak away for an overnight with your sweetie.



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